

Emerald Clinical Exercise Studio



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 AM				7:00 - 7:45am Ben J Clinical Exercise			
07:15 AM		7:15 - 8:00am Michael Clinical Exercise					
07:30 AM							
07:45 AM							
08:00 AM			8:00 - 8:45am Jasmine Clinical Exercise	8:00 - 8:45am Ben J Clinical Exercise			
08:15 AM							
08:30 AM		8:30 - 9:15am Tim Clinical Exercise					
08:45 AM			9:00 - 9:45am Jasmine Clinical Exercise				
09:00 AM							
09:15 AM							
09:30 AM	9:30 - 10:15am Ben J. Clinical Exercise	9:30 - 10:15am Michael Clinical Exercise		9:30 - 10:15am Tim Clinical Exercise	9:30 - 10:15am Ben J. Clinical Exercise		
09:45 AM			10:00 - 10:45am Jasmine Clinical Exercise				
10:00 AM							
10:15 AM							
10:30 AM		10:30 - 11:15am Tiffany MUMS & BUBS		10:30 - 11:15am Tim Clinical Exercise			
10:45 AM							
11:00 AM	11:00 - 11:45pm Jasmine GLA:D						
11:15 AM		11:30 - 12:15pm Tiffany Clinical Exercise					
11:30 AM							
11:45 AM	11:45 - 12:30pm Michael GLA:D						
12:00 PM							
12:15 PM		12:30 - 1:15pm Tim Clinical Exercise	12:30 - 1:15pm Jasmine Clinical Exercise				
12:30 PM							
12:45 PM							
01:00 PM							
01:15 PM							
01:30 PM							
01:45 PM					1:45 - 2:30pm Jasmine GLA:D		
02:00 PM							
02:15 PM							
02:30 PM							
03:00 PM				3:00 - 3:45pm Ben J. GLA:D			
03:15 PM							
03:30 PM							
03:45 PM							
4:00 PM							
04.45PM							
05:00 PM			5:00 - 5:45pm Ben J. Clinical Exercise	5:15 - 6:00pm Michael Clinical Exercise	5:00 - 5:45pm Jasmine Clinical Exercise		
05:15 PM							
05:30 PM							
05:45 PM	5:45 - 6:30pm Ben J. Clinical Exercise		5:45 - 6:30pm Ben J. Clinical Exercise				
06:00 PM							
06:15 PM							
06:30 PM			6:30 - 7:15pm Ben K. Clinical Exercise				
06:45 PM	6:45 - 7:30pm Ben J. Clinical Exercise						
07:00 PM							
07:15 PM			7:15 - 8:00pm Ben K. Clinical Exercise				
07:30 PM							
07:45 PM							
08:00 PM							

Bookings essential for all classes