



SMART SOLUTIONS REHAB GROUP

Exercise Class Timetable

For more information please call 1300 729 190
www.ssrg.com.au

Times	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am–9:00am					
9:30am–10:30am	Mat Solutions	Move'n'Groove	Mat Solutions	Move'n'Groove	Mat Solutions
10:30am–11:30am	Meet me at the Barre	Mat Solutions	Move'n'Groove	Meet me at the Barre	Move'n'Groove
11:30am–12:00pm	Lunch	Lunch	Lunch	Lunch	Lunch
12:00pm–2:00pm				Mums'n'Bubs	
2:00pm–3:00pm	Move'n'Groove		Mat Solutions		Meet me at the Barre
3:00pm–4:10pm					