



Clinical Exercise Schedule

MOSMAN

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7:00AM		7:30AM		7:00AM		7:00AM		7:00AM		7:00AM	
LAUREN M	LAUREN F	EMMA A	NATALIE	KAITLYN	NATALIE	GEN F	AVA	GEN M		GEN F	CHELSEA
8:00AM		8:30AM		8:00AM		8:00AM		8:00AM		8:00AM	
LAUREN M	LAUREN F	EMMA A	NATALIE	KAITLYN	NATALIE	GEN F	AVA	AVA	GEN M	KATIE	ALEX
9:00AM		9:30AM		9:00AM		9:00AM		8:00AM		9:00AM	
LAUREN M	LAUREN F	DAN	NATALIE	KAITLYN	NATALIE	AVA	LAUREN F	VIRTUAL w LAUREN M		KATIE	ALEX
10:30AM		10:30AM		10:00AM		10:00AM		9:00AM		10:00AM	
KAITLYN	LAUREN F	ALEX	EMMA A	CHELSEA	NATALIE	MARISOL	LAUREN F	DAN	AVA	KATIE	CHELSEA
11:30AM		11:30AM		11:00AM		11:00AM		10:00AM		11:00AM	
KAITLYN		ALEX	EMMA A	EMMA A		NATALIE	LAUREN F	DAN	ALEX	GEN F	CHELSEA
1:00PM		12:30PM		12:00PM		12:00PM		11:00AM		12:15PM	
KAITLYN	MUMS & BUBS w EMMA A			CHELSEA	GEN F	NATALIE	LAUREN M	DAN	ALEX	Physie Strength and Stretch w GEN M @ Masonic Hall	
2:00PM				1:00PM				12:00PM			
ALEX				CHELSEA	GEN F			ALEX			
				2:00PM				1:00PM			
				GEN F				AVA			
3:00PM											
MAT w ALEX											
3:30PM		3:30PM				3:30PM					
CHELSEA		AVA				EMMA A					
4:00PM						4:00PM		4:00PM			
MARISOL						ROWING w LAUREN F		GEN F			
4:30PM		4:30PM		4:30PM		4:30PM					
CHELSEA		AVA	GEN M	LAUREN M		NATALIE	KAITLYN				
5:00PM											
MARISOL											
5:30PM		5:30PM		5:30PM		5:30PM					
ALEX		AVA	GEN M	GEN M	LAUREN M	NATALIE	LAUREN F				
6:30PM		6:30PM		6:30PM		6:30PM					
DAN	CHELSEA	GEN M	KAITLYN	GEN M	LAUREN M	NATALIE	KAITLYN				
7:30PM		7:30PM		7:30PM		7:30PM					
DAN		AVA		GEN M		NATALIE	KAITLYN				

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7:00AM				6:30AM		7:30AM		7:30AM		7:00AM	
LUCY				RUN FIT w JACKSON		JENNY		GEN F		NATALIE	
8:00AM		8:30AM		7:30AM		8:30AM		8:30AM		8:00AM	
LUCY		AMY		LUCY		JENNY		GEN F		NATALIE	
9:30AM		9:30AM		9:30AM		9:30AM		9:30AM		9:00AM	
MEGAN		MEGAN		KID FRIENDLY w AMY		JENNY		GEN F		NATALIE	
10:30AM				10:30AM		10:30AM		10:30AM		10:00AM	
MEGAN				LUCY		JENNY		GEN F		NATALIE	
11:30AM		11:30AM		11:30AM		11:30AM		11:30AM			
MEGAN		MEGAN		EMMA H		JENNY		NATHAN			
12:30PM		12:30PM		12:30PM							
MEGAN		MEGAN		EMMA H							
				3:30PM							
				LISA							
		4:30PM		4:30PM		4:30PM					
		JENNY		LISA		GABBY					
5:30PM		5:30PM		5:30PM		5:30PM					
LUCY		JENNY		LISA		GABBY					
6:30PM		6:30PM				6:30PM					
LUCY		JENNY				GABBY					
		7:30PM				7:30PM					
		JENNY				GABBY					