

REGIONAL				
Day	AM/PM	Start	Finish	Duration
Monday 30/9	AM	7:00	9:00	2:00
Monday 7/10	AM	8:00	10:00	2:00
Tuesday	AM	8:00	10:00	2:00
Wednesday	AM	8:00	10:00	2:00
Thursday	AM	8:00	10:00	2:00
Friday	AM	8:00	10:00	2:00

STROKE DEVELOPMENT				
Day	AM/PM	Start	Finish	Duration
Monday	PM	4:00	5:00	1:00
Tuesday	PM	4:00	5:00	1:00
Wednesday	PM	4:00	5:00	1:00
Thursday	PM	4:00	5:00	1:00
Friday	PM	4:00	5:00	1:00

NATIONAL				
Day	AM/PM	Start	Finish	Duration
Monday 30/9	AM	7:00	9:00	2:00
Monday 7/10	AM	8:00	10:00	2:00
Tuesday	AM	8:00	10:00	2:00
Wednesday	AM	8:00	10:00	2:00
Thursday	AM	8:00	10:00	2:00
Friday	AM	8:00	10:00	2:00

STROKE TECH				
Day	AM/PM	Start	Finish	Duration
Monday	PM	5:00	6:00	1:00
Tuesday	PM	5:00	6:00	1:00
Wednesday	PM	5:00	6:00	1:00
Thursday	PM	5:00	6:00	1:00
Friday	PM	5:00	6:00	1:00

ADULT/SENIOR FIT				
Day	AM/PM	Start	Finish	Duration
Monday 30/9	AM	7:00	9:00	2:00
Monday 7/10	AM	8:00	10:00	2:00
Tuesday	AM	8:00	10:00	2:00
Wednesday	AM	8:00	10:00	2:00
Thursday	AM	8:00	10:00	2:00
Friday	AM	8:00	10:00	2:00

AQUAFIT				
Day	AM/PM	Start	Finish	Duration
Monday	PM	5:00	6:00	1:00
Tuesday	PM	5:00	6:00	1:00
Wednesday	PM	5:00	6:00	1:00
Thursday	PM	5:00	6:00	1:00
Friday	PM	5:00	6:00	1:00

REGIONAL / NATIONAL				
Day	AM/PM	Start	Finish	Duration
Monday	PM	5:00	6:00	1:00
Tuesday	PM	5:00	6:00	1:00
Wednesday	PM	5:00	6:00	1:00
Thursday	PM	5:00	6:00	1:00
Friday	PM	5:00	6:00	1:00