

Stroke Development					
Day	AM/PM	Start	Finish	Duration	Venue
Monday	PM	3:30	4:30	1:00	Otumoetai
Tuesday	PM	4:30	5:30	1:00	Otumoetai
Wednesday	PM	4:00	5:00	1:00	Otumoetai
Thursday	PM	4:30	5:30	1:00	Otumoetai
Friday	PM	4:00	5:00	1:00	Otumoetai

Stroke Tech					
Day	AM/PM	Start	Finish	Duration	Venue
Monday	PM	4:30	5:30	1:00	Otumoetai
Tuesday	PM	3:30	4:30	1:00	Otumoetai
Wednesday	PM	5:00	6:00	1:00	Otumoetai
Thursday	PM	3:30	4:30	1:00	Otumoetai
Friday	PM	4:00	5:00	1:00	Otumoetai

Regional					
Day	AM/PM	Start	Finish	Duration	Venue
Monday	AM	6:00	7:30	1:30	Otumoetai
Monday	PM	5:30	7:00	1:30	Otumoetai
Tuesday	AM	6:00	7:30	1:30	Otumoetai
Tuesday	PM	5:30	7:00	1:30	Otumoetai
Wednesday	AM	6:00	7:30	1:30	Otumoetai
Wednesday	PM	No session			
Thursday	AM	6:00	7:30	1:30	Otumoetai
Thursday	PM	5:30	7:00	1:30	Otumoetai
Friday	AM	6:00	7:30	1:30	Otumoetai
Friday	PM	5:00	6:30	1:30	Otumoetai

Aquafit					
Day	AM/PM	Start	Finish	Duration	Venue
Monday	PM	3:30	4:30	1:00	Otumoetai
Tuesday	PM	3:30	4:30	1:00	Otumoetai
Wednesday	PM	5:00	6:00	1:00	Otumoetai
Thursday	PM	3:30	4:30	1:00	Otumoetai
Friday	PM	5:00	6:00	1:00	Otumoetai

Adult/Senior Fit					
Day	AM/PM	Start	Finish	Duration	Venue
Monday	AM	6:00	7:30	1:30	Otumoetai
Tuesday	AM	6:00	7:30	1:30	Otumoetai
Wednesday	AM	6:00	7:30	1:30	Otumoetai
Thursday	AM	6:00	7:30	1:30	Otumoetai
Friday	AM	6:00	7:30	1:30	Otumoetai

National					
Day	AM/PM	Start	Finish	Duration	Venue
Monday	AM	6:00	7:30	1:30	Otumoetai
Monday	PM	5:30	7:00	1:30	Otumoetai
Tuesday	AM	6:00	7:30	1:30	Otumoetai
Tuesday	PM	5:30	7:00	1:30	Otumoetai
Wednesday	AM	6:00	7:30	1:30	Otumoetai
Wednesday	PM	No session			
Thursday	AM	6:00	7:30	1:30	Otumoetai
Thursday	PM	5:30	7:00	1:30	Otumoetai
Friday	AM	6:00	7:30	1:30	Otumoetai
Friday	PM	5:00	6:30	1:30	Otumoetai