

Date	Time	Group name
<b>Monday</b>	9.15am - 10.30am	Sandgate School
	10.45am - 11.45am	Self Management Session
	12.00 - 1.00pm	Headway/Stroke Session
	1.30pm - 3.00pm	Sandgate School
	3.30pm - 4.30pm	Self Management Session
	4.45pm - 5.45pm	Therapeutic Exercise Class
	6.00pm - 7.00pm	Self Management Session
	7.15pm - 8.15pm	Self Management Session
	8.30pm - 9.30pm	Therapeutic Exercise Class
<b>Tuesday</b>	9.15am - 10.30am	Sandgate School
	10.45am - 11.45am	Introduction to Hydrotherapy
	12.00 - 1.00pm	Arthritis Group
	1.15pm - 2.15pm	Hospital Physio
	2.30pm - 3.30pm	Self Management Session
	3.45pm - 4.45pm	Self Management Session
	5.00pm - 6.00pm	Self Management Session
	6.15pm - 7.15pm	Self Management Session
	7.30pm - 8.30pm	Self Management Session
<b>Wednesday</b>	9.30am - 10.30am	Sandgate School
	10.45am - 11.45am	Sandgate School
	12.45pm - 1.45pm	Leonard Cheshire Private Hire
	2.00pm - 3.00pm	Self Management Session
	3.15pm - 4.15pm	Self Management Session
	4.45pm - 5.45pm	Therapeutic Exercise Class
	6.00pm - 7.00pm	M/S Society
	7.15pm - 8.15pm	NASS / Breast Care
	8.30pm - 9.30pm	Therapeutic Exercise Class

Date	Time	Group name
<b>Thursday</b>	9.30am - 10.30am	Self Management Session
	10.45am - 11.45am	Self Management Session
	12.00 - 1.00pm	Self Management Session
	1.45pm - 2.45pm	Self Management Session
	3.00pm - 4.00pm	Self Management Session
	4.15pm - 5.15pm	Self Management Session
	5.30pm - 6.30pm	Self Management Session
	6.45pm - 7.45pm	Self Management Session
<b>Friday</b>	9.00am - 10.00am	Self Management Session
	10.15am - 11.15am	Self Management Session
	11.30am - 12.30pm	Therapeutic Exercise Class
	1.15pm - 2.15pm	Cancer Care
	2.30pm - 3.30pm	Paediatric Physiotherapy session
	3.30pm - 4.30pm	Paediatric Physiotherapy session
	5.00pm - 6.00pm	Junior Self Management Session
	6.15pm - 7.15pm	Self Management Session
<b>Saturday</b>	9.00am - 10.00am	Self-Management Session
	10.15am - 11.15am	Self-Management Session
	11.30am - 12.30pm	Self-Management Session
<b>Sunday</b>	10.00am - 11.00am	Self Management Session
	11.15am - 12.15pm	Self Management Session
	12.30pm - 1.30pm	Self Management Session