

EXERCISE PHYSIOLOGY TIMETABLE

(A) Tahnia

(B) Kim

(C) Clarita

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|--|---------------------------------------|
| 7.00am – 7.45am Group (C) | 7.00am – 7.45am Group (A) | 7.00am – 7.45am Group (A) | 7.00am – 7.45am Group (A) | 7.00am – 7.45am Group (A) | 7.00am-7.45am Group (B) |
| 8.00am – 8.45am Group (C) | 8.00am – 8.45am Group (A) | 8.00am – 8.45am Group (A) | 8.00am – 08.45am Group (A) | 8.00am – 8.45am Group (A) | 8.00am – 8.45am Group (B) |
| 9.00am – 9.45am Group (C) | 9.00am – 9.45am Group (A) | 9.00am – 9.45am Group (A) | 9.00am – 09.45am Group (A) | 9.00am – 9.45am Group (A) | 9.00am – 9.45am Group (B) |
| 10.15am – 11.00am Group (C) | 10.15am – 11.00am Group (A) | 10.15am – 11.00am Group (A) | 10.15am – 11.00am Group (B) | 10.15am – 11.00am Group (A) | 10.00am – 10.45am Group (B) |
| 11.15am – 12 noon Group (B) | 11.15am – 12 noon Group (A) | 11.15am – 12 noon Group (C) | | 11.15am – 12.00 noon Group (A) | 11.00am – 11.45am Group (B) |
| 12.15am – 1:00pm Group (C) | | 12.15am – 1:00pm Group (C) | 12:15pm – 1:00pm Group (A) | | 12.15pm – 1pm Group (B) |
| 1.15pm – 2.00pm Group (B) | 1.15pm – 2.00pm Group (A) | 1.15pm – 2.00pm Group (C) | 1.15pm – 2.00pm Group (B) | 1.15pm – 2.00pm Group (A) | 1.15pm-2pm Group (B) |
| 2.15pm – 3.00pm Group (B) | 2.15pm – 3.00pm Group (A) | 2.15pm – 3.00pm Group (C) | 2.15pm – 3.00pm Group (B) | 2.15pm – 3.00pm Group (A) | |
| 3.15pm – 4.00pm Group (B) | | 3.15pm – 4.00pm Group (C) | 3.15pm – 4.00pm Group (B) | 3.15pm-4.00pm Group (A) | |
| 4.15pm – 5.00pm Group (B) | 4.15pm -5.00pm Group (A) | 4.15pm -5.00pm Group (A) | 4.15pm – 5.00pm Group (B) | 4.15pm – 5.00pm Group (A) | |
| 5.15pm – 6.00pm Group (B) | 5.15pm – 6.00pm Group (A) | 5.15pm – 6.00pm Group (A) | 5.15pm – 6.00pm Group (B) | | |
| 6.15pm – 7.00pm Group (B) | 6.15pm – 7.00pm Group (A) | 6.15pm – 7.00pm Group (A) | 6.15pm – 7.00pm Group (B) | | |