



pace health management

Chronic Disease Management • Rehabilitation • Health & Wellbeing

Timetable 20/21

Mornington

Rear 103 Main Street

Mornington

PH: 5973 6109

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10.00AM STRENGTH & MOBILITY	11.00AM STRENGTH & MOBILITY	11.00AM STRENGTH & MOBILITY	11.00AM STRENGTH & MOBILITY	11.00AM STRENGTH & MOBILITY
10.30AM STRENGTH & MOBILITY	11.30AM STRENGTH & MOBILITY	11.30AM STRENGTH & MOBILITY	11.30AM STRENGTH & MOBILITY	11.30AM STRENGTH & MOBILITY
11.00AM STRENGTH & MOBILITY	11.30AM STRENGTH & MOBILITY	11.30AM STRENGTH & MOBILITY	11.30AM STRENGTH & MOBILITY	11.30AM STRENGTH & MOBILITY
11.30AM STRENGTH & MOBILITY	11.30AM STRENGTH & MOBILITY	11.30AM STRENGTH & MOBILITY	11.30AM STRENGTH & MOBILITY	11.30AM STRENGTH & MOBILITY
5.00PM FUNCTIONAL TRAINING	5.00PM FUNCTIONAL TRAINING	5.00PM FUNCTIONAL TRAINING	5.00PM FUNCTIONAL TRAINING	5.00PM FUNCTIONAL TRAINING
5.30PM FUNCTIONAL TRAINING	5.30PM FUNCTIONAL TRAINING	5.30PM FUNCTIONAL TRAINING	5.30PM FUNCTIONAL TRAINING	5.30PM FUNCTIONAL TRAINING
6.00PM FUNCTIONAL TRAINING	6.00PM FUNCTIONAL TRAINING	6.00PM FUNCTIONAL TRAINING	6.00PM FUNCTIONAL TRAINING	6.00PM FUNCTIONAL TRAINING
6.30PM FUNCTIONAL TRAINING	6.30PM FUNCTIONAL TRAINING	6.30PM FUNCTIONAL TRAINING	6.30PM FUNCTIONAL TRAINING	6.30PM FUNCTIONAL TRAINING

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