

ADULT CLINICS – JULY 2019

WEEK OF: MON, 8 JULY - FRI, 12 JULY & MON, 15 JULY - FRI, 19 JULY

MONDAY 8 AND 15 JULY	4 PM	LEVEL 3.0
MONDAY 8 AND 15 JULY	5.30 PM	LEVEL 3.5
TUESDAY 9 AND 16 JULY	4 PM	LEVEL 3.5
TUESDAY 9 AND 16 JULY	5.30 PM	LEVEL 4.0
THURSDAY 11 AND 18 JULY	4 PM	LEVEL 4.0
THURSDAY 11 AND 18 JULY	5.30 PM	LEVEL 3.5
FRIDAY 12 AND 19 JULY	4 PM	LEVEL 3.5
FRIDAY 12 AND 19 JULY	5.30 PM	LEVEL 3.0