

Group Exercise Timetable 2018



	9.30am	10.00am	10.30am	11.30am	12.00pm	1.00pm	1.30pm	3.00pm	6.00pm
Monday		Group Exercise			Group Exercise				
Tuesday	Group Exercise		Strong to the Bone			Group Exercise			
Wednesday									Group Exercise
Thursday					Strong to the Bone				
Friday	Group Exercise				Group Exercise				

To enrol in a class please contact reception for your initial 1-on-1 assessment
Ph: 9304 0500

Timetable is valid as of **July 16th, 2018.**