

# Fitness Class Timetable



| MONDAY<br>7.30am – 8pm  | TUESDAY<br>7.30am – 8pm  | WEDNESDAY<br>7.30am – 6pm                                   | THURSDAY<br>7.30am – 8pm                          | FRIDAY<br>7.30am – 6pm  | SATURDAY<br>9am – 5pm                                   |
|-------------------------|--|---|---|---|---|
|                         | 8am – 8.45am<br>FIT BLITZ<br><br>11.30am-12.00pm<br>FALLS PREVENTION | 8.30am-9.15am<br>AQUA TONE<br><br>10am – 10.45am<br>PILATES | 8am – 8.45am<br>FIT BLITZ<br><br>9am-10am<br>YOGA | 10.00am – 10.45am<br>MOVE & GROOVE<br><br>11.30am-12 noon<br>FALLS PREVENTION |   |
|                         |  | 11am-11.30am<br>TAI CHI                                     |   |   | <b>SUNDAY</b><br>9am – 5pm                              |
| 6.15pm – 7.00pm<br>AQUA | 6pm – 6.30pm<br>GYM TONE & CORE                                      |   | 5.30pm – 6.15pm<br>PILATES                        |   | Please note that you<br>need to book for all<br>classes |