

Exercise Class Timetable						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING SESSIONS</b>						
07:00 - 07:45am	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training
09:00 - 09:45am	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training
08:00 - 08:45am	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training
10:00 - 10:45am	NDIS Group Class	Strength Training	NDIS Group Class	Strength Training	NDIS Group Class	
11:00 - 11:45am	NDIS Group Class	Lungs In Action/Healthy Hearts	NDIS Group Class	Better Bones & Balance	Diabetes Group Class	
		11:00 - 11:45am Pilates Class				
<b>AFTERNOON SESSIONS</b>						
13:00 - 13:45	NDIS Group Class			NDIS Group Class	Diabetes Group Class	
14:30- 15:15	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	
15:30- 16:15	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	
16:30- 17:15	Strength Training	Strength Training	Diabetes Group Class	Strength Training		
17:30- 18:15	Strength Training		Strength Training	Strength Training		