

# Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training
8:00 am	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training
9:00 am	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training
10:00 am	Strength Training	Strength Training	NDIS Group Class	Strength Training		
11:00 am	NDIS Group Class	Group Circuit Lungs in Action & Healthy Hearts		Group Circuit Better Bones & Balance	Group Circuit Type 2 Diabetes	
1:00 pm	NDIS Group Class				Group Circuit Type 2 Diabetes	
2:30 pm	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	
3:30 pm	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	
4:30 pm	Strength Training			Strength Training		
5:30 pm	Strength Training			Strength Training		

■ Group Circuit — Lungs in Action & Healthy Hearts
 ■ Group Circuit — Type 2 Diabetes
 ■ Group Circuit — Better Bones & Balance
 ■ NDIS Group Class
 ■ Strength Training

All classes are supervised by an Accredited Exercise Physiologist