

Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
	Wellness	Gym	Studio 1 / 2	Wellness	Gym	Studio 1 / 2	Wellness	Gym	Studio 1 / 2	Wellness	Gym	Studio 1 / 2	Wellness	Gym	Studio 1 / 2	Wellness	Gym	Studio 1 / 2
7.30																		
7.45		Strength for Life			Strength for Life			Strength for Life			Strength for Life			Strength for Life				
8.00																		
8.15																		Strength for Life
8.30																		
8.45																		
9.00				Pilates Semi			Pilates Mat Work											
9.15		General Exercise Moderate			General Exercise Moderate			Strength for Life			General Exercise Moderate							
9.30			MS Support															
9.45																		
10.00																		
10.15	Pilates Semi Private				Parkinson Group		Pilates Semi Private	Active Moves		Pilates Semi Private	General Exercise High			Active Moves				Strength for Life
10.30		Active Moves																
10.45																		
11.00			MS Support												Group PT			
11.15																		
11.30		Strength for Life			Strength for Life	Active Moves		Strength for Life		Pilates Mat Work	Strength for Life		Strength and Balance	Strength for Life				
11.45																		
12.00																		
12.15																		
12.30					Cardiac Rehab	Strength and Balance												
12.45																		
1.00																		
1.15																		
1.30					General Exercise Moderate						Cardiac Metabolic							
1.45																		
2.00																		
2.15	Pilates Mat Work						Pilates semi							Pilates semi				
2.30					Strength for Life						Parkinson Large							
2.45								Mind Moves										
3.00																		
3.15																		
3.30																		
3.45																		
4.00																		
4.15																		
4.30																		
4.45																		
5.00																		
5.15																		
5.30																		
5.45					Strength for Life						Strength for Life							
6.00																		
6.15																		
6.30																		

*Timetable current as at April 2017 - Subject to change

230 Payneham Road
Payneham 5070
South Australia

The only allied health & fitness centre for men and women 50+

