Wellness

Saturday

Gym

Strength for Life

Strength for Life

Studio 1/2

Booking Essential - 8168 7600 Life Care Active Classes Timetable active@lifecare.org													ecare.org.au /		
		Monday		Tuesday			Wednesday			Thursday			Friday		
Time	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								0 1							
7.45		Strength for Life			Strength for Life			Strength for Life			Strength for Life			Strength for Life	
8.00		ior Life			ior Life			ior Life			TOT LITE			ior Life	
8.15															
8.30 8.45															
9.00				Dilata			Pilates								
9.15		General		Pilates Semi	General		Mat				General				
9.30		Exercise	MS		Exercise		Work	Strength			Exercise				
9.45		Moderate			Moderate			for Life			Moderate				
10.00	Pilates		Support				Pilates			Pilates				A -+:	
10.15	Semi	Active			Parkinson		Semi	Active		Semi	General			Active Moves	
10.30	Private	Moves			Group		Private	Moves		Private	Exercise High				
10.45 11.00											підп				Group PT
11.15			MS Support										Strength		
11.30		Strength	Jupport		Strength	Active		Strength		Pilates	Strength		and	Strength	
11.45		for Life			for Life	Moves		for Life		Mat	for Life		Balance	for Life	
12.00										Work			0 1		
12.15					C 1:	Strength							Strength		
12.30					Cardiac Rehab	and Balance							and Balance		
12.45					Nenab								Dalance		
1.00											Cardiac				
1.15					General						Metabloic				230 Payneh Payneham 5
1.30 1.45					Exercise Moderate										Payneham 5 South Austr
2.00					Wiodelate		Dil .						nd .		South Austr
2.15	Pilates						Pilates semi						Pilates semi		
2.30	Mat				Strength		301111				Parkinson		ociiii		
2.45	Work				for Life						Large				
3.00							Mind Moves								
3.15							ivioves								
3.30															
3.45															
4.00 4.15															
4.15															
4.45															
5.00															
5.15															
5.30					C						C				
5.45					Strength for Life						Strength for Life				
6.00					TOI LITE						Tor Life				
6.15															
6.30					*Timeta	ble current	as at Apr	il 2017 - S	ubject to c	hange					

230 Payneham Road Payneham 5070 South Australia

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

