



# Strength for Life Timetable

Prior bookings essential. Classes limited to 15 people.

To book please use online service or call 8168 7600.

A cancellation fee may be applied if not received within 24 hours.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength for Life 7.30-8.15am	Strength for Life 7.30-8.15am	Strength for Life 7.45-8.30am	Strength for Life 7.30-8.15am	Strength for Life 7.30-8.15am	
					Strength for Life 8.00-8.45am
		Strength for Life 9.15-10.00am			
					Strength for Life 10.15-11.00am
Strength for Life 11.15-12.00pm	Strength for Life 11.15-12.00pm	Strength for Life 11.15-12.00pm	Strength for Life 11.15-12.00pm	Strength for Life 11.15-12.00pm	
Strength for Life 2.00-2.45pm	Strength for Life 2.15-3.00pm				

*\* Instructors are subject to change*

# Pilates Timetable

To book please use online service or call 8168 7600.  
A cancellation fee may be applied if not received within 24 hours.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Pilates Matwork 8.45-9.45am <i>Instructor: Ashita</i>		Pilates Matwork 8.45-9.45am <i>Instructor: Jordan</i>	Pilates Equipment 8.45-9.45pm <i>Instructor: Ashita</i>	Pilates Matwork 8.45-9.45am <i>Instructor: Jordan</i>
	Pilates Equipment 9.00-10.00am <i>Instructor:</i>			
Pilates Equipment 10.00-11.00am <i>Instructor: Jordan</i>	Pilates Matwork 10.15-11.15pm <i>Instructor: Jordan</i>	Pilates Matwork 10.00-11.00am <i>Instructor: Jordan</i>	Pilates Equipment 10.00-11.00am <i>Instructor: Jordan</i>	Pilates Matwork 10.00-11.00am <i>Instructor: Kristie</i>
			Pilates Matwork 11.15-12.15pm <i>Instructor: Jordan</i>	Pilates Equipment 11.00-12.00pm <i>Instructor: Jordan</i>
Pilates Matwork 2.00-3.00pm <i>Instructor: Melissa</i>		Pilates Matwork 2.00-3.00pm <i>Instructor: Kristie</i>	Pilates Matwork 2.00-3.00pm <i>Instructor: Ashita</i>	

\* Instructors are subject to change

# Exercise Classes Timetable

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
General Exercise Moderate <b>9.15-10.00am</b>	General Exercise Moderate <b>9.15-10.00am</b>		General Exercise Moderate <b>9.15-10.00am</b>	
MS Exercise <b>9.30-10.30am</b>				Active Moves <b>9.45-10.30am</b>
Dancercise (Mod) <b>9.30-10.00am</b>				
Active Moves <b>10.15-11am</b>	Parkinson Group (Low) <b>10.00-11.00am</b>	Active Moves <b>10.15-11am</b>	General Exercise High <b>10.15-11am</b>	Small Group PT <b>10.30-11.00am</b>
MS Exercise <b>10.45-11.45am</b>			MS Exercise <b>10.45-11.45am</b>	
Dancercise (Low) <b>11.00-11.30pm</b>	Active Moves <b>11.15-12pm</b>			Strength and Balance <b>11.00-12.00pm</b>
Parkinson Group (Moderate) <b>12.45-1.45pm</b>	Strength and Balance <b>12.00-1.00pm</b>	Small Group PT <b>12.15-12.45pm</b>		Strength and Balance <b>12.00-1.00pm</b>
	General Exercise Moderate <b>1.15-2.00pm</b>			Cardio Metabolic <b>1.00-2.00pm</b>
			Dancercise (Mod) <b>1.30-2.00pm</b>	
			Parkinson Group (Moderate) <b>2.15-3.00pm</b>	

*\* Instructors subject to change*

**Prior bookings required for all classes. Call 8168 7600 to book.  
A cancellation fee may apply where notice is not received within 24 hours.**

# Class Timetable

Prior bookings required for all classes. Call 8168 7600 to book.  
A cancellation fee may apply where notice is not received within 24 hours.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength for Life 7.30-8.15am	Strength for Life 7.30-8.15am	Strength for Life 7.45-8.30am	Strength for Life 7.30-8.15am	Strength for Life 7.30-8.15am	Strength for Life 8.00-8.45am
Pilates Matwork 8.45-9.45am	Pilates Equipment 9.00-10.00am	Pilates Matwork 8.45-9.45am	Pilates Equipment 8.45-9.45am	Pilates Matwork 8.45-9.45am	Strength for Life 10.15-11.00am
General Exercise Moderate 9.15-10.00am	General Exercise Moderate 9.15-10.00am	Strength for Life 9.15-10.00am	General Exercise Moderate 9.15-10.00am	Active Moves 9.45-10.30am	
MS Exercise 9.30-10.30am	Parkinson's (low) 10.00-11.00am	Pilates Matwork 10.00-11.00am	Pilates Equipment 10.00-11.00am	Pilates Matwork 10.00-11.00am	
Dancercise (Mod) 9.30-10.00am	Pilates Matwork 10.15-11.15pm	Active Moves 10.15-11am	General Exercise High 10.15-11am	Small Group PT 10.30-11.00am	
Pilates Equipment 10.00-11.00am	Active Moves 11.15-12pm	Strength for Life 11.15-12.00pm	MS Exercise 10.45-11.45am	Pilates Equipment 11.00-12.00pm	
Active Moves 10.15-11am	Strength for Life 11.15-12.00pm	Small Group PT 12.15-12.45pm	Pilates Matwork 11.15-12.15pm	Strength and Balance 11.00-12.00pm	
MS Exercise 10.45-11.45am	Strength and Balance 12.00-1.00pm	Pilates Matwork 2.00-3.00pm	Strength for Life 11.15-12.00pm	Strength for Life 11.15-12.00pm	
Dancercise (Low) 11.00-11.30pm	General Exercise Moderate 1.15-2.00pm		Pilates Matwork 2.00-3.00pm	Strength and Balance 12.00-1.00pm	
Strength for Life 11.15-12.00pm	Strength for Life 2.15-3.00pm		Parkinson's (moderate) 2.15-3.00pm	Cardio Metabolic 1.00-2.00pm	
Parkinson's (moderate) 12.45-1.45pm					
Pilates Matwork 2.00-3.00pm					
Strength for Life 2.00-2.45pm					



# Class Timetable

Prior bookings required for all classes. Call 8168 7600 to book.  
 A cancellation fee may apply where notice is not received within 24 hours.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength for Life (Gym) 7.30-8.15am	Strength for Life (Gym) 7.30-8.15am	Strength for Life (Gym) 7.45-8.30am	Strength for Life (Gym) 7.30-8.15am	Strength for Life (Gym) 7.30-8.15am	Strength for Life (Gym) 8.00-8.45am
Pilates Matwork (Wellness) 8.45-9.45am	Pilates Equipment (Wellness) 9.00-10.00am	Pilates Matwork (Wellness) 8.45-9.45am	Pilates Equipment (Wellness) 8.45-9.45am	Pilates Matwork (Wellness) 8.45-9.45am	Strength for Life (Gym) 10.15-11.00am
General Exercise Mod (Gym) 9.15-10.00am	General Exercise Mod (Gym) 9.15-10.00am	Strength for Life (Gym) 9.15-10.00am	General Exercise Mod (Gym) 9.15-10.00am	Active Moves (Gym) 9.45-10.30am	
MS Exercise (Studio 2) 9.30-10.30am	Parkinson's (low) (Gym) 10.00-11.00am	Pilates Matwork (Wellness) 10.00-11.00am	Pilates Equipment (Wellness) 10.00-11.00am	Pilates Matwork (Wellness) 10.00-11.00am	
Dancercise Mod (Studio 1) 9.30-10.00am	Pilates Matwork (Wellness) 10.15-11.15pm	Active Moves (Gym) 10.15-11am	General Exercise High (Gym) 10.15-11am	Small Group PT (Gym) 10.30-11.00am	
Pilates Equipment (Wellness) 10.00-11.00am	Active Moves (Studio 2) 11.15-12pm	Strength for Life (Gym) 11.15-12.00pm	MS Exercise (Studio 2) 10.45-11.45am	Pilates Equipment (Wellness) 11.00-12.00pm	
Active Moves (Gym) 10.15-11am	Strength for Life (Gym) 11.15-12.00pm	Small Group PT (Gym) 12.15-12.45pm	Pilates Matwork (Wellness) 11.15-12.15pm	Strength & Balance (Studio 2) 11.00-12.00pm	
MS Exercise (Studio 2) 10.45-11.45am	Strength & Balance (Studio 2) 12.00-1.00pm	Pilates Matwork (Wellness) 2.00-3.00pm	Strength for Life (Gym) 11.15-12.00pm	Strength for Life (Gym) 11.15-12.00pm	
Dancercise Low (Studio 1) 11.00-11.30pm	General Exercise Mod (Gym) 1.15-2.00pm		Dancercise (Studio 1) 1.30-2.00pm	Strength & Balance (Studio 2) 12.00-1.00pm	
Strength for Life (Gym) 11.15-12.00pm	Strength for Life (Gym) 2.15-3.00pm		Pilates Matwork (Wellness) 2.00-3.00pm	Cardio Metabolic (Gym) 1.00-2.00pm	
Pilates Matwork (Wellness) 2.00-3.00pm			Parkinson's (mod) (Gym) 2.15-3.00pm		
Strength for Life (Gym) 2.00-2.45pm					