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| **REGULAR EXERCISE CLASSES - TIMETABLE** |
|  | Morning | Afternoon | Evening |
| **Monday** | Zumba, high energy9.00amSOSA/Strictly, low impact10.00amParacise, gentle11.00am |  |  |
| **Tuesday** |  | Badminton For Fun2.00pm – 5.00pm | Badminton Club8.00pm – 11.00pm |
| **Wednesday** | Power Pilates9.30am – 10.30am | Taekwondo classes 4.00pm – 8.00pm |
| **Thursday** |  |  |  |
| **Friday** | Legs, bums & tums9.00amSeniors’ Fitness10.30am – 11.30am |  |  |
| **Saturday** | Dance (ages 3-18)9.15am – 2.15pm |  |
| **Sunday** |  |  |  |