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| **REGULAR EXERCISE CLASSES - TIMETABLE** | | | |
|  | Morning | Afternoon | Evening |
| **Monday** | Zumba, high energy  9.00am  SOSA/Strictly, low impact  10.00am  Paracise, gentle  11.00am |  |  |
| **Tuesday** |  | Badminton For Fun  2.00pm – 5.00pm | Badminton Club  8.00pm – 11.00pm |
| **Wednesday** | Power Pilates  9.30am – 10.30am | Taekwondo classes  4.00pm – 8.00pm | |
| **Thursday** |  |  |  |
| **Friday** | Legs, bums & tums  9.00am  Seniors’ Fitness  10.30am – 11.30am |  |  |
| **Saturday** | Dance (ages 3-18)  9.15am – 2.15pm | |  |
| **Sunday** |  |  |  |