



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
				3pm MTE Type 2 diabetes class 40 minutes session	
10.30am JL 40 minutes session			10:30am JL 40 minutes session		10:50am JL 40 minutes session
3pm MTE Type 2 diabetes class 40 min session					
	4:50pm RF/SKA 40 minutes session Fortnightly	4:00pm JL 40 minutes session	4:50pm SKA 40 minutes session		

Please call 08 8261 3776 to book all exercise classes