



As of 05/06/2024

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
9.00am 40 minutes session SKA	10.00am 40 minutes session PP		9.30am ST 40 minutes session	9.30am HK 40 minutes session	8.30am PP 40 minutes session
5.00pm 40 minutes session GL	4.00pm ST <b>Hydrotherapy</b> 30 MINS session	5.00pm SKA 40 minutes session		5.00pm GL 40 minutes session	10.00am EA 40 minutes session
6.00pm 40 minutes session PP	4.30pm ST <b>Hydrotherapy Group</b> 30MINS session	6.00pm AA 40 minutes session	6.00pm HK 40 minutes session		
	5.00pm AA 40 minutes session				
	6.00pm ST 40 minutes session				

Please call 7009 4422 to book all exercise classes