



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
				9.50pm MTE Type 2 diabetes class 40 minutes session	
10.30am JL 40 minutes session			11:30am CLA 40 minutes session		10:50am JL 40 minutes session
3.10pm MTE Type 2 diabetes class 40 min session		4pm JL 40 minutes session			
	4:50pm CL/SKA 40 minutes Session		4.50pm CL/SKA 40 minutes session		

Please call 08 8261 3776 to book all exercise classes