

BODY CONDITIONING (PILATES) TIMETABLE

Balcatta

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9 am			8.30 am
	5 pm				
6 pm	6 pm		6pm		

Osborne Park

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9 am

SMALL GROUP EXERCISE (PT) TIMETABLE

Balcatta

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			12.30 pm		

Osborne Park

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 pm		6 pm			

LIVING LONGER LIVING STRONGER CLASS TIMETABLE

Balcatta

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30 am	9.30 am	10 am	9.30 am	9.30 am
10.30 am	11 am	11 am	10.30 am	10.30 am
11.30 am				11.30 am
			2 pm	

Osborne Park

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9.30 am	