

## Class Timetable

time	monday	tuesday	wednesday	thursday	friday	saturday
6:00 am	Class	Class	Class	Class	Class	
6:30 am						7:00 am OPEN
7:30 am						7:00 am Class
9:00 am	Mature Aged	ENERGISE	Class	Mature Aged	Class	9:00 am Class
10:00 am	Class					
11:00 am						11:00 am CLOSED
4:00 pm						
5:30 pm	Class	Class	Class	Class	Class	
6:30 pm	Class	Class	Class	Class	CLOSED	
7:30 pm	CLOSED					

One-on-one and personal programs may be undertaken at any time during opening hours.

Opening hours: Mon-Thurs 6am - 7.30pm, Fri 6am - 6.30pm, Sat 7am - 11am.

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