

# SESSION TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM 6:30 AM	OUTDOOR STRENGTH AND FITNESS		OUTDOOR STRENGTH AND FITNESS		OUTDOOR STRENGTH AND FITNESS	
6:30 AM 7:30 AM						THUMP BOXING (LADIES ONLY)
9:00 AM 9:45 AM	PILATES			PILATES		PILATES
10:00 AM 10:45 AM	SUPER SENIORS	SUPER SENIORS	SUPER SENIORS	SUPER SENIORS	SUPER SENIORS	
5:45 PM 6:45 PM	OUTDOOR STRENGTH AND FITNESS			OUTDOOR STRENGTH AND FITNESS		

Please call Cameron 0406 451 907 ● [www.corehealthcoaching.com.au](http://www.corehealthcoaching.com.au)