



CLASS TIMETABLE

24 hour cancellation policy
applies for all classes

Please Call 9436 9666

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am						AYD
9:20am						SG (3:1)
10:20am	SG (3:1)		SG (3:1)			
11:00am		SFL	SW		SFL	
1:00pm	GLA:D			GLA:D		
4:20pm			SG (3:1)			
5:00pm	AYD	AYD	AYD	AYD	AYD	
6:00pm	GLA:D			GLA:D	SW	
	SG (3:1)	SG (3:1)	SG (3:1)	SG (3:1)		
6:40pm			SG (3:1)			

- Small Group Gym (3:1)
- Strong For Life
- Athletic Youth Development

40 min
60 min
60 min

- GLA:D
- SuperWomen

60 min
60 min