

CLASS TIMETABLE

Time	Mon	Tue	Wed	Thu	Fri	Sat
07:00					40+ Female Strength Training	
08:00						
09:00						Golf Fit
09:30		HIIT for Heart Health		HIIT for Heart Health		
10:00						
11:00			Older Adults Strength and Balance		Older Adults Strength and Balance	
12:00	Older Adults Strength and Balance					
01:00						
02:00						
03:00			Strong Bones			
04:00		Golf Fit				
05:00						



Older Adults Strength and Balance: Class aims to increase strength and improve balance

HIIT for Heart Health: Class aims to improve your cardiovascular fitness

Golf Fit: Class aims to improve dynamic strength to help you add metres to your golf drive

Strong Bones: Class aims to improve bone density for people with osteopenia/osteoporosis

40+ Female Strength: Class aims to improve strength and reduce muscle mass associated with midlife hormonal change

Timetable is subject to change. Please check with the clinic reception to confirm class times.