

Group Exercise Session Timetable (effective 1st January 2010)

Phone: (08) 7002 9696

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|--------|------------------------------|-----------|------------------------------|--------|
| 9:30am | | Gentle Exercise | | Gentle Exercise | |
| 10:30am | | Easy Moves for Active Ageing | | Easy Moves for Active Ageing | |
| 11:30am | | | | | |
| 12:30pm | | | | | |
| 1:30pm | | | | | |
| 2:30pm | | | | | |
| 3:30pm | | Diabetes Group | | | |
| 4:30pm | | | | | |
| 5:30pm | | | | | |



All classes are held at
Health at Campbelltown
523 Lower North East Road
Campbelltown SA 5075

Bookings must be made for all sessions