

HC



# HEALTH & FITNESS SCHEDULE

## PILATES

Tue	10:00 - 11:00
Thu	09:00 - 10:00

## SPORTS MASSAGE

Wed	16:30 - 20:30
Sat	10:00 - 14:00

## GROUP PT

Thu	19:00 - 20:00
Sat	10:30 - 11:30

## KID FIT

Mon	8 - 11yrs	17:30 - 18:30
Tue	12 - 15yrs	17:30 - 18:30
Thu	8 - 11yrs	17:30 - 18:30
Fri	12 - 15yrs	17:30 - 18:30

WE TAKE PLAY SERIOUSLY