



# ANZAC DAY 25 April

## Health & Fitness Program

Gym public holiday hours are 6am to 7pm

TIME	CLASS	WHERE	INSTRUCTOR
6:30am	Grit	Bayside	Con
7:30am	Body Balance	Bayside	Con
8:30am	Strong Seniors	FTZ	Esh
9.30am	Cycle	FTZ	Esh
11:30am	Yoga	Bayside	Carol
12.00pm	Seniors Aqua	Program pool	TBA
4:30pm	Body Pump	Bayside	Charry
5:30pm	Body Balance	Bayside	Charry