



# King's Birthday Holiday

## Monday 12 June 2023

### Health & Fitness Program

**Gym Trading Hours - 6:00am to 7:00pm**

TIME	CLASS	LOCATION
7:00 am	Hatha Yoga	Bayside
7:30am	Strong Seniors	FTZ/Bayside
8:30 am	Total Body Seniors	Bayside
9:30 am	Body Pump	Bayside
10:30 am	Body Balance	Bayside
11:30 am	Active Seniors	Bayside
12:00pm	Seniors Aqua	Program Pool