



Timetable for Exercise Groups

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am	Stronger for Longer	Stronger for Longer	Stronger for Longer	Stronger for Longer	Stronger for Longer		
9:00 am	Stronger for Longer	Stronger for Longer	Stronger for Longer	Stronger for Longer	Stronger for Longer		
10:00 am	Keep Moving (Waves Leisure Centre) / Stronger for Longer	Stronger for Longer	Stronger for Longer	Keep Moving (Waves Leisure Centre) / Stronger for Longer	Stronger for Longer	Stronger for Longer	
11:00 am		DiaBeatIt!				Stronger for Longer	
12:00 pm							
1:00 pm	Stronger for Longer	Stronger for Longer	Stronger for Longer	Stronger for Longer	Stronger for Longer		
2:00 pm	Stronger for Longer	Stronger for Longer	Stronger for Longer	Stronger for Longer	Stronger for Longer		
3:00 pm							
4:00 pm							
5:00 pm	Stronger for Longer	Stronger for Longer	Stronger for Longer	Stronger for Longer			
6:00 pm	Stronger for Longer	Stronger for Longer	Stronger for Longer	Stronger for Longer			

New group class times may be opened according to demand. Enquire within.

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