



CLASS TIMETABLE

Monday

TIME	CLASS	INSTRUCTOR	VENUE
12:30-13:30	Chair Based Yoga	Jo	Sidney Walter Centre
12:30-13:30	Keep Active Circuit	Courtney	Lancing Methodist Church

Tuesday

TIME	CLASS	INSTRUCTOR	VENUE
15:00-16:00	Strong and Steady	Marie	Sidney Walter Centre

Wednesday

TIME	CLASS	INSTRUCTOR	VENUE
11:30-12:30	Strong and Steady	Katie	Palatine Park Clubhouse
12:00-13:00	Chair Based Pilates	Enzo	Sidney Walter Centre
12:45-13:45	Chair Based Yoga	Jo	Palatine Park Clubhouse
14:00-15:00	Keep Active	Enzo	Palatine Park Clubhouse

Thursday

TIME	CLASS	INSTRUCTOR	VENUE
13:30-14:30	Chair Based Keep Active Circuit	Courtney	Lancing Methodist Church

Friday

TIME	CLASS	INSTRUCTOR	VENUE
11:30-12:30	Keep Active	Marie	Palatine Park Clubhouse
12:45-13:45	Chair Based Pilates	Enzo	Palatine Park Clubhouse