

GROUP FITNESS TIMETABLE

STAWELL SPORTS & AQUATIC CENTRE

Term 1 - 30 January to 6 April



	Monday	Tuesday	Wednesday	Thursday	Friday
6.15am	Fit30				Hiit
7am					Yoga
9.30am	Strength		Fitball		
10am					
10.30am	Active Ageing		Active Ageing		Active Ageing
1pm	Motivated		Motivated		Motivated
5.30pm		5.45pm			
6pm			Yoga		



Class bookings via the Mywellness app