

North East Life Yarrowonga

Exercise Class Timetable

NORTH EAST
Life
moving is living



24 Belmore Street Yarrowonga

Ph 03 5743 1142

NORTH EAST
Life
moving is living



BOOKINGS ESSENTIAL

Current Group Timetable

Group times are subject to change, please confirm time when booking. Times current as of March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am - 6:00 pm	7:00 am - 7:00 pm	8:00 am -5:00 pm	7:00 am - 7:00 pm	8:00 am - 5:00pm
	7:00 am - 8:00 am		7:00 am - 8:00 am	
8:00 am - 9:00 am	8:00 am - 9:00 am	8:00 am - 9:00 am	8:00 am - 9:00 am	8:00 am - 9:00 am
9:00 am - 10:00 am	9:00 am - 10:00 am	9:00 am - 10:00 am	9:00 am - 10:00 am	9:00 am - 10:00 am
10:00 am - 11:00 am	10:00 am - 11:00 am	Strength & Balance 10:00 am - 10:30 am	10:00 am - 11:00 am	Strength & Balance 10:00 am - 10:30 am
Strength & Balance 11:00 am - 11:30 am	11:00 am - 12:00 am	Strength & Balance 10:30 am - 11:00 am	Strength & Balance 11:00 am - 11:30 am	Strength & Balance 10:30 am - 11:00 am
Strength & Balance 11:30 am - 12:00 pm	Strength & Balance 12:00 am - 12:30 pm		Strength & Balance 11:30 am - 12 noon	11:00am-12:00pm
	Strength & Balance 12:30 am - 1:00 pm			

	4:00 pm - 5:00 pm	4:00 pm - 5:00 pm	4:00 pm - 5:00 pm	4:00 pm - 5:00 pm
	5:00 pm - 6:00 pm		5:00 pm - 6:00 pm	
	6:00 pm - 7:00 pm			