



North East Life Yarrawonga

24 Belmore St, Yarrawonga
Exercise Class Timetable
 Ph 03 5743 1142



BOOKINGS ESSENTIAL

Current Timetable

Group times are subject to change, please confirm booking.

Monday 8:00 am - 5:00 pm	Tuesday 7:00 am - 6:00 pm	Wednesday 8:00 am - 5:00 pm	Thursday 8:00 am - 5:00 pm	Friday 9:00 am - 5:00pm
	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	
		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 11:00 am - 11:30 am	11:00 am - 12:00 pm	Strength & Balance 10:30 am - 11:00 am	Strength & Balance 11:00 am - 11:30 am	
	Strength & Balance 12:00 am - 12:30 pm		Strength & Balance 11:30 am - 12 noon	
		3:00 pm - 4:00 pm		
			4:00 pm - 5:00 pm	
	5:00 pm - 6:00 pm			