



North East Life Yarrowonga
 24 Belmore St, Yarrowonga
Exercise Class Timetable
 Ph 03 5743 1142



BOOKINGS ESSENTIAL
Current Group Timetable

Group times are subject to change, please confirm time when 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	9:00 am - 10:00 am
	10:00 am - 11:00 am	Strength & Balance 10:00 am - 10:30 am	10:00 am - 11:00am	10:00 am - 11:00 am
Strength & Balance 11:00 am - 11:30 am	11:00 am - 12:00 pm		Strength & Balance 11:00 am - 11:30 am	
			4:00 pm - 5:00 pm	
	5:00 pm - 6:00 pm			