

## North East Life Wangaratta

## **Exercise Class Timetable**

20 Chisholm Street Wangaratta, Ph: 03 5722 1424



## Current timetable effective 30 of June 2025 - BOOKINGS ARE ESSENTIAL

Times are subject to change. All sessions must be pre-booked.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 – 7:00 am	CLOSED	CLOSED	CLOSED	INDEPENDENTS ONLY	CLOSED
7:00 – 8:00am	CLOSED	INDEPENDENTS ONLY	CLOSED	INDEPENDENTS ONLY	CLOSED
8:00 – 9:00 am	INDEPENDENTS ONLY	INDEPENDENTS ONLY	INDEPENDENTS ONLY	INDEPENDENTS ONLY	INDEPENDENTS ONLY
9:00 – 10:00 am	GRPS & INDEPENDENTS	INDEPENDENTS ONLY	INDEPENDENTS ONLY	INDEPENDENTS ONLY	GRPS & INDEPENDENTS
10:00 – 11:00 am	INDEPENDENTS ONLY	GRPS & INDEPENDENTS	GRPS & INDEPENDENTS	GRPS & INDEPENDENTS	INDEPENDENTS ONLY
11:00 – 12:00pm	INDEPENDENTS ONLY	INDEPENDENTS ONLY	INDEPENDENTS ONLY	INDEPENDENTS ONLY	INDEPENDENTS ONLY
12:00 – 1:00pm	OSTEO ARTHRITIS GROUP & INDEPENDENTS	INDEPENDENTS ONLY	OSTEO ARTHRITIS GROUP & INDEPENDENTS	INDEPENDENTS ONLY	INDEPENDENTS ONLY
1:00 – 2:00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
2:00 -3:00pm	INDEPENDENTS ONLY	INDEPENDENTS ONLY	INDEPENDENTS ONLY	INDEPENDENTS ONLY	INDEPENDENTS ONLY
3:00 – 4:00pm	INDEPENDENTS ONLY	INDEPENDENTS ONLY	INDEPENDENTS ONLY	INDEPENDENTS ONLY	INDEPENDENTS ONLY
4:00 – 5:00pm	GRPS & INDEPENDENTS	CLOSED	INDEPENDENTS ONLY	INDEPENDENTS ONLY	CLOSED
5:00 – 6:00 pm	GRPS & INDEPENDENTS	CLOSED	GRPS & INDEPENDENTS	GRPS & INDEPENDENTS	CLOSED
6:00 – 7:00pm	INDEPENDENTS ONLY	CLOSED	CLOSED	CLOSED	CLOSED