

North East Life Benalla

Exercise Class Timetable

Effective 14th Sept 2026

39 Nunn Street Benalla

Ph 03 5762 6866

BOOKINGS ESSENTIAL

GROUP TIMETABLE

(Group times are subject to change, please confirm time when booking)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am - 6:00pm	8:00am - 6:00pm	8:00am - 6:30pm	8:00am - 6:00pm	9:00am - 6:00pm
9:00am - 10:00am	9:00am - 10:00am	9:00am - 10:00am	9:00am - 10:00am	9:00am - 10:00am
		11:00am - 12:00pm		11:00am - 12:00pm
12:00pm - 1:00pm	12:00pm - 1:00pm		12:00pm - 1:00pm	
		5:30pm - 6:30pm		