

# Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6.00AM - 8.30AM</b> Private personal training sessions	<b>6.00AM - 9.30AM</b> Private personal training sessions	<b>6.00AM - 8.30AM</b> Private personal training sessions	<b>6.00AM - 9.30AM</b> Private personal training sessions		<b>7.30AM - 10.30AM</b> Small women's group pregnancy & mum & bub friendly 3 1/2 hour session to offer flexible arrival
<b>8.30AM - 9.30AM</b> Small women's group pregnancy & mum & bub friendly strictly 1 hour session		<b>8.30AM - 9.30AM</b> Small women's group pregnancy & mum & bub friendly strictly 1 hour session			arrive any time and enjoy an hour of exercise!
<b>9.30AM - 11.30AM</b> Private personal training sessions	<b>9.30AM - 1.00PM</b> Small women's group pregnancy & mum & bub friendly 3 1/2 hour session to offer flexible arrival	<b>9.30AM - 10.30AM</b> Private personal training session	<b>9.30AM - 10.30AM</b> Private personal training session	<b>9.00AM - 4.00PM</b> Greenleaf Natural Therapies naturopathy, nutrition & massage	
	arrive any time and enjoy an hour of exercise!	<b>10.30AM - 1.00PM</b> Small women's group pregnancy & mum & bub friendly 2 1/2 hour session to offer flexible arrival	<b>10.30AM - 1.00PM</b> Small women's group pregnancy & mum & bub friendly 2 1/2 hour session to offer flexible arrival		<b>10.30AM - 1.00PM</b> Private personal training sessions
<b>11.30AM - 2.30PM</b> Small women's group pregnancy & mum & bub friendly 3 hour session to offer flexible arrival		arrive any time and enjoy an hour of exercise!	arrive any time and enjoy an hour of exercise!		<b>11.30AM - 4.30PM</b> Kids care first aid 5 hour course for parents, grandparents & home carers held in studio (monthly)
arrive any time and enjoy an hour of exercise!	<b>1.00PM - 3.00PM</b> Private personal training sessions & consultations		<b>1.00PM - 2.30PM</b> Private personal training sessions & consultations		
<b>2.30PM - 5.45PM</b> Private personal training sessions & consultations	<b>3.00PM - 4.30PM</b> Small women's group pregnancy & mum & bub friendly 1 1/2 hour session to offer flexible arrival	<b>4.00AM - 7.00PM</b> (some flexibility) Greenleaf Natural Therapies naturopathy, nutrition & massage	<b>2.30PM - 4.15PM</b> Small women's group pregnancy & mum & bub friendly 1 3/4 hour session to offer flexible arrival		
	<b>4.30PM - 8.30PM</b> Private personal training sessions		<b>4.15PM - 5.45PM</b> Private personal training sessions		
<b>5.45PM - 7.30PM</b> Small women's group pregnancy & mum & bub friendly 1 3/4 hour session to offer flexible arrival			<b>5.45PM - 7.30PM</b> Small women's group pregnancy & mum & bub friendly 1 3/4 hour session to offer flexible arrival		
<b>7.30PM - 8.30PM</b> Private personal training session			<b>7.30PM - 8.30PM</b> Private personal training session		

Gym closed