

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00AM - 8.30AM Private personal training sessions	6.00AM - 9.30AM Private personal training sessions	6.00AM - 8.30AM Private personal training sessions	6.00AM - 9.30AM Private personal training sessions		7.30AM - 10.30AM Small women's group pregnancy & mum & bub friendly 3 hour session to allow flexible arrival
8.30AM - 9.30AM Small women's group pregnancy & mum & bub friendly strictly 1 hour session		8.30AM - 9.30AM Small women's group pregnancy & mum & bub friendly strictly 1 hour session			Centennial Park unless weather or event requires relocation to studio arrive any time and enjoy an hour of exercise!
9.30AM - 11.30AM Private personal training sessions	9.30AM - 1.00PM Small women's group pregnancy & mum & bub friendly 3 1/2 hour session to offer flexible arrival	9.30AM - 10.30AM Private personal training session	9.30AM - 10.30AM Private personal training session	9.00AM - 4.00PM Greenleaf Natural Therapies naturopathy, nutrition & massage	
	arrive any time and enjoy an hour of exercise!	10.30AM - 1.00PM Small women's group pregnancy & mum & bub friendly 2 1/2 hour session to offer flexible arrival	10.30AM - 1.00PM Small women's group pregnancy & mum & bub friendly 2 1/2 hour session to offer flexible arrival		10.30AM - 1.00PM Private personal training sessions
11.30AM - 2.30PM 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!		11.30AM - 4.30PM 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!	1.00PM - 3.00PM Private personal training sessions & consultations		1.00PM - 2.30PM Private personal training sessions & consultations		
2.30PM - 5.45PM Private personal training sessions & consultations	3.00PM - 4.30PM Small women's group pregnancy & mum & bub friendly 1 1/2 hour session to offer flexible arrival	4.00AM - 7.00PM (some flexibility) Greenleaf Natural Therapies naturopathy, nutrition & massage	2.30PM - 4.15PM Small women's group pregnancy & mum & bub friendly 1 3/4 hour session to offer flexible arrival		
	4.30PM - 8.30PM Private personal training sessions		4.15PM - 5.45PM Private personal training sessions		
5.45PM - 7.30PM Small women's group pregnancy & mum & bub friendly 1 3/4 hour session to offer flexible arrival			5.45PM - 7.30PM Small women's group pregnancy & mum & bub friendly 1 3/4 hour session to offer flexible arrival		
7.30PM - 8.30PM Private personal training session			7.30PM - 8.30PM Private personal training session		
Gym closed					