

Movewell Class Timetable

Time	Room	Monday	Tuesday	Wednesday	Thursday	Friday
8am-8.45am	Gym	Pilates				
	Hydro		Hydro			Falls
8.45am-9.30am	Gym	Falls	Pilates			Pilates
	Hydro					
9.30am-10.15am	Gym		Pilates			Pilates
	Hydro	Hydro				
10.15am-11am	Gym	Pilates				
	Hydro					Hydro
11am-11.45am	Gym	Strength + Conditioning				

Note: current as at February 2024 , subject to change