



BALANCE & STRENGTH CLASSES

Maximum 12 persons in each class, bookings are required.

Please call **1300 855 442** to book.

MONDAY	10:00AM Rowville (Helen) 11:00AM BLACKBURN (Matt) 3:00PM BLACKBURN (Helen)
TUESDAY	9:00AM BLACKBURN (Matt) 10:00AM BLACKBURN (Matt) 2:30PM BLACKBURN (Matt)
WEDNESDAY	10:00AM North Ringwood (Matt) 11:00AM North Ringwood (Matt)
THURSDAY	10:00AM BLACKBURN (Matt) 11:00AM BLACKBURN (Matt)
FRIDAY	9:30AM BLACKBURN (Matt) 9:30AM Rowville (Helen) 10:30AM BLACKBURN (Matt) 12:30PM BLACKBURN (Matt)