

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8:00	DVA Group			8:00	DVA Group	08:00	Activate Pilates	08:00	Activate Pilates
9:00	General Fitness	9:00	General Fitness	09:00	Seaside Stretch + Move – PMH Neighbourhood centre	09:00	Seaside Stretch + Move – PMH Neighbourhood centre	9:00	General Fitness
		9:00	Hydrotherapy			9:00	Hydrotherapy		
		10:00	Diabetes Class			9:00	Control Pilates	10:00	Diabetes Class
11:00	General Fitness	11:30	General Fitness	11:30	General Fitness	11:30	General Fitness	11:30	General Fitness

PORT MACQUARIE – Group Fitness Timetable