

# CAPELLA TIMETABLE

# HEALTHY *Active* HIGHLANDERS



**Please note:**

- \* All day/times are subject to change
- \* Classes commence 2 July for 12 weeks

- = Session is child friendly
- = No children under 12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM				GROUP FITNESS 45mins - Patty Marshall Amaroo Park		
9:30AM	YOGA 60mins - Meagan Walker Town Hall (Main Area)					
1:30PM		GROUP FITNESS 45mins - Patty Marshall Amaroo Park	LAUGHTER YOGA 60mins - Kim Tompson Town Hall (Main Area)			