

EMERALD 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
6/6:30AM	FITNESS CLASS 60mins - Angela Smart Showgrounds Sports Pavilion <u>6AM</u>	GROUP FITNESS 45mins - Patty Marshall Showgrounds Sports Pavilion <u>6:30AM</u>				
8:15AM					LAUGHTER YOGA 60mins - Kim Tompson Library Gardens	PILATES 45mins - Rosie White Botanic Gardens (Windmill area)
11:00AM			MUMS & BUBS YOGA 60mins - Jessica Daniels Showgrounds (HIA Pavilion)			
12:15PM	BOXING 45mins - Hayley Mabin Rundle Park	YOGA 45mins - Meagan Walker Library Gardens		PILATES 45mins - Rosie White Library Gardens	GROUP FITNESS 45mins - Hayley Mabin Rundle Park	
5:30PM		YOGA 60mins - Jessica Daniels Town Hall Supper Room	FITNESS CLASS 60mins - Angela Smart Showgrounds (Sports Pavilion)	YOGA 60mins - Jessica Daniels Showgrounds (Sports Pavilion)		