

## S4W FITNESS CLASS TIMETABLE 2020

**Phone: (02) 4232 2222    [www.solutions4wellbeing.com.au](http://www.solutions4wellbeing.com.au)**

	Open	8 - 8:30am	8:30 - 9am	9 - 10am	10 - 11am	11 - 12:15pm	12:15 - 1pm	1 - 4pm	4 - 5pm	5 - 6pm	CLOSE
Monday	<b>7am OPEN</b>				STRETCH	Mat Class 11:30-12:15pm					<b>6pm CLOSE</b>
Tuesday				PARKINSONS	ONLINE FITBALL	Mat Class 11:00-11:45am				Mat Class	
Wednesday				STRETCH 9:15am			Mat Class				
Thursday					Mat Class					Mat Class	
Friday				STRETCH 9.15am							
Saturday	<b>7:30am OPEN</b>	Mat Class 8.00am	Mat Class 9:00am								

KEY:

Low  
 Moderate

**BOOK NOW ON 02 4232 2222**



**MAT CLASS - ONLINE ONLY**

**PARKINSONS DISEASE PREVENTION CLASS**

**LOW INTENSITY STRETCH CLASS - ONLINE ONLY**

**MODERATE INTENSITY EXERCISE CLASS - ONLINE ONLY**

**Leaders in Allied Health & Fitness**

**Kate Watkins & Associates Pty Ltd trading as Solutions For Wellbeing**

Email: [info@solutions4wellbeing.com.au](mailto:info@solutions4wellbeing.com.au)

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**HEALTHFUND REBATES MAY APPLY**