

Wellness Centre Calendar 2022

Last Updated: Feb 2022

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am				Stretch & Flow 45 mins	
9:00am	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins		
9:30am				Wellness Gym 50 mins	
10:00am	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins		
11:00am	Wellness Gym 50 mins	Stretch & Flow 45 mins	Wellness Gym 50 mins	Wellness Gym 50 mins	
12:00pm		Wellness Gym 50 mins			
2:00pm	Wellness Gym 50 mins	Wellness Gym 50 mins			

Please note: integratedliving class timetables are subject to change due to minimum class bookings. Bookings are essential to attend any class and can be made up to 7 days in advance. Cancellations of any booking must be made 24 hours prior to the class taking place.

