

# Wellness Centre Calendar 2022

Last Updated: Feb 2022

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am	Wellness Gym 50 mins	Wellness Gym 50 mins		Wellness Gym 50 mins	Wellness Gym 50 mins
9:00am	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins
10:00am	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins
11:00am	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins
11:15am				Stretch & Flow 45 mins	
12:00pm	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins
2:00pm	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins	
2:15pm		Stretch & Flow 45 mins			
3:00pm		Wellness Gym 50 mins		Wellness Gym 50 mins	
4:00pm		Wellness Gym 50 mins			

