

Wellness Centre Calendar 2023

Toowoomba Wellness Centre

Last Updated: 5th December 2022

February 2022

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins Circuit Balance 50	Wellness Gym 50 mins	Wellness Gym 50 mins Circuit 50mins
9:00am	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins Circuit Balance 50	Wellness Gym 50 mins
10:00am	Wellness Gym 50 mins Circuit 50mins	Wellness Gym 50 mins Circuit Balance 50min	Wellness Gym 50 mins Let's Have a Conversation 50 min	Wellness Gym 50 mins	Wellness Gym 50 mins Circuit Balance 50mins
11:00am	Wellness Gym 50 mins Stretch & Flow (floor) 45 mins	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins
12:00pm	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins	
1:00am	Wellness Gym 50 mins				Wellness Gym 50 mins
2:00pm	Wellness Gym 50 mins	Wellness Gym 50 mins		Wellness Gym 50 mins Stretch & Flow (seated) 45 mins	

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3:00pm	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins	Wellness Gym 50 mins	
4:00pm	Wellness Gym 50 mins			Wellness Gym 50 mins	