



# Timetable for Exercise Groups

New group class times may be opened according to demand. Enquire within.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 am	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>		
8:00 am	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>		
9:00 am	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>		
10:00 am	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>		
11:00 am	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>		
12:00 pm					Stronger for Longer <b>DiaBeatIt!</b>		
1:00 pm	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>		
2:00 pm	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>			
5:00 pm	Stronger for Longer <b>DiaBeatIt!</b>	Stronger for Longer <b>DiaBeatIt!</b>		Stronger for Longer <b>DiaBeatIt!</b>			
6:00 pm	Stronger for Longer <b>DiaBeatIt!</b>			Stronger for Longer <b>DiaBeatIt!</b>			

368A Hawthorn Road CAULFIELD SOUTH 3162 | P: (03) 9523 5110 | F: (03) 9523 9768

[www.healthinbalance.com.au](http://www.healthinbalance.com.au) | E: [info@healthinbalance.com.au](mailto:info@healthinbalance.com.au)