


Over 50's Training Studio Timetable

Effective
Sunday, 11 May 2025

City of
Melville
LeisureFit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SFL Supervision 6.00am to 8.00am	SFL Supervision 6.00am to 8.30am	SFL Supervision 6.00am to 8.00am	SFL Supervision 6.00am to 8.30am	SFL Supervision 6.00am to 8.00am	SFL Supervision 7.00am to 9.00am	ForeverFit Strength 9.00am
ForeverFit Strength 8.00am	Active Circuit 8.30am	ForeverFit Strength 8.00am	Active Circuit 8.30am	ForeverFit Strength 8.00am	SFL Supervision 10.00am to 12noon	SFL Supervision 10.00am to 12noon
Active Circuit 9.15am	ForeverFit Strength 9.30am	Active Circuit 9.15am	ForeverFit Strength 9.30am	ForeverFit Strength 9.00am		
SFL Supervision 10.00am to 3.00pm	SFL Supervision 10.30am to 3.00pm	SFL Supervision 10.00am to 3.00pm	SFL Supervision 10.30am to 3.00pm	SFL Supervision 10.00am to 12noon and 1.00pm to 3.00pm	<div><div>Book online</div><div></div><div>All sessions run at LeisureFit Melville</div></div>	
SFL Supervision 5.30pm to 7.00pm		SFL Supervision 5.30pm to 7.00pm				