

## Strength for Life Session Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6.00am</b>	6.00am - 8.00am	6.00am - 8.30am	6.00am - 8.00am	6.00am - 8.30am	6.00am - 8.00am	7.00am - 9.00am	
<b>10.00am</b>	10.00am - 12.30pm		10.00am - 12.15pm		10.00am - 12noon	10.00am - 12noon	
<b>10.30am</b>		10.30am - 12.30pm		10.30am - 12.30pm			<p><b>Book Online</b></p> 
<b>1.00pm</b>	1.00pm - 3.00pm	1.00pm - 3.00pm	1.00pm - 3.00pm	1.00pm - 3.00pm	1.00pm - 3.00pm		
<b>5.30pm</b>	5.30pm - 7.00pm		5.30pm - 7.00pm				

All SFL Sessions run at LeisureFit Melville.