

Strength for Life Session Timetable

MONDAY	6.00am to 8.00am	9.00am to 3.00pm	5.30pm to 7.00pm
TUESDAY	6.00am to 9.30am	10.30am to 3.00pm	
WEDNESDAY	6.00am to 8.00am	9.00am to 3.00pm	5.30pm to 7.00pm
THURSDAY	6.00am to 9.30am	10.30am to 3.00pm	
FRIDAY	6.00am to 8.00am	10.00am to 12noon	1.00pm to 3.00pm
SATURDAY	7.00am to 9.00am	10.00am to 12noon	
SUNDAY	10.00am to 12noon	<p>All Strength for Life Supervision Sessions run at LeisureFit Melville</p>	