

# PORT MACQUARIE – Group Fitness Timetable

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8:00	DVA Group			8:00	DVA Group				
9:00	EP General Fitness	9:00	EP General Fitness	9:00	Women Only General Fitness			9:00	EP General Fitness
		10:00	Diabetes Group	10:00	NDIS Group			10:00	Diabetes Group
11:00	EP General Fitness	11:30	EP General Fitness	11:00	EP General Fitness			11:30	EP General Fitness
						1:30	PHYSIO GENERAL FITNESS		