

Wellsprings

Mon	16:00 - 17:00	Gym
Tues	12:00 - 13:00	Circuit exercise
Wed	09:30 - 10:30	Gym
Thurs	15:00 - 16:00	Aqua at St James Street Pool
Fri	11:30 - 12:30	Gym

Blackbrook

Mon	11:00 - 12:00	Gym
Tues	19:30 - 20:30	Gym
Wed	14:30 - 15:30	Gym
Thurs	11:00 - 12:00	Gym
Thurs	15:00 - 16:00	Aqua at St James Street Pool
Fri	14:30 - 15:30	Gym

Wellington

Mon	11:30 - 12:30	Gym
Wed	11:30 - 12:30	Gym
Wed	15:00 - 15:30	Swimming
Thurs	18:30 - 19:30	Gym
Fri	11:30 - 12:30	Gym