

EXERCISE WITH PCC

TERM THREE 2019 TIMETABLE & LOCATION



CLASSES



MONDAY

COMMUNITY CANCER
LADIES NEW ARRIVAL
LUNGS IN ACTION
CIRCUIT PROGRAM
ALL ABILITY DANCE
MUSCLE MEN
STRENGTH TRAINING
ACTIVE WOMEN

8.30am
10am
11.00am
1.00pm
9.45am
11.00am
1.30pm
11.30pm

PCC
PCC
PCC
PCC
MEAC
MEAC
MEAC
TATURA

TUESDAY

MODIFIED STRENGTH
ELDERS CLASS
STRENGTH TRAINING

9.30am
2pm
11.00am

PCC
ELDERS
FACILITY
MURCHISON

WEDNESDAY

ACTIVE HEARTS
YITJAWADIK
COMMUNITY CANCER
MENS NEW ARRIVAL
OVER 50's CIRCUIT
CIRCUIT PROGRAM

9am
10am
11am
3pm
10am
1pm

PCC
PCC
PCC
PCC
TATURA
MURCHISON

THURSDAY

CIRCUIT PROGRAM
ALL ABILITY DANCE
ADVANCED STRENGTH

9.30am
9.45am
11.45am

PCC
MEAC
MEAC

FRIDAY

LUNGS IN ACTION
CHRONIC CONDITIONS
CIRCUIT PROGRAM
LADIES NEW ARRIVAL
ACTIVE HEARTS
GENTLE YOGA
MODIFIED STRENGTH

10am
11am
1pm
2pm
12pm
1.30pm
10am

PCC
PCC
PCC
PCC
MEAC
MEAC
TATURA