

# Strength for Life Session Timetable

<b>MONDAY</b>	6.00am to 8.00am	9.00am to 3.00pm	5.30pm to 7.00pm
<b>TUESDAY</b>	6.00am to 9.30am	10.30am to 3.00pm	
<b>WEDNESDAY</b>	6.00am to 8.00am	9.00am to 3.00pm	5.30pm to 7.00pm
<b>THURSDAY</b>	6.00am to 9.30am	10.30am to 3.00pm	
<b>FRIDAY</b>	6.00am to 8.00am	10.00am to 12noon	1.00pm to 3.00pm
<b>SATURDAY</b>	7.00am to 9.00am	10.00am to 12noon	

All Strength for Life  
Supervision Sessions run at  
LeisureFit Melville