



Family Health & Wellbeing Centre

# TIMETABLE

| MONDAY  | TUESDAY                                | WEDNESDAY                                   | THURSDAY                                  | FRIDAY                                 | SATURDAY                              |
|---|--|---|---|--|---------------------------------------|
|   |  | <b>9:15am</b><br>Cardio Boxing<br>Mum & Bub |   | <b>9.30am</b><br>Mum & Bub<br>Core     | <b>7.45am</b><br>Bootcamp             |
| <b>10am</b><br>Mum & Bub<br>Pilates                 | <b>10am</b><br>Active Mum &<br>Bub     | <b>10am</b><br>Active Mum &<br>Bub          | <b>10am</b><br>Cardio Boxing<br>Mum & Bub | <b>10am</b><br>Active Mum &<br>Bub     | <b>9.15am</b><br>Mum & Bub<br>Tabatta |
| <b>11.15am</b><br>Active Mum &<br>Bub               | <b>11.15am</b><br>Mum & Bub<br>Tabatta | <b>11.15am</b><br>Mum & Bub<br>Pilates      | <b>11.15am</b><br>Mum & Bub<br>Pilates    | <b>11.15am</b><br>Mum & Bub<br>Pilates | <b>10.15am</b><br>Active<br>Pregnancy |
| <b>4pm</b><br>Mum & Kid<br>Bootcamp                 |  |   |   | <b>4pm</b><br>Mum & Kid<br>Bootcamp    |                                       |
| <b>6.30pm</b><br>Pilates                            |  |   |   |  |                                       |
| <b>7.30pm</b><br>Tabatta<br>Strength, Tone,<br>Core | <b>7pm</b><br>HIIT                     | <b>7pm</b><br>Pilates                       | <b>7pm</b><br>Active<br>Pregnancy         |  |                                       |
|   | <b>7.45pm</b><br>Active<br>Pregnancy   | <b>8.15pm</b><br>Bootcamp                   | <b>8.15pm</b><br>Cardio Boxing            |  |                                       |

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