



Family Health & Wellbeing Centre

TIMETABLE

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

Rouse Hill Studio Suite 106, Level 1, The Cutaway Suites, Main Street,
Rouse Hill Town Centre, Rouse Hill NSW 2155
Enter Through Glass Doors between Bupa Optical and Tarocash

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