



Family Health & Wellbeing Centre

TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:15am Cardio Boxing Mum & Bub		9.15am Active Mum & Bub	7.45am Bootcamp
10am Mum & Bub Pilates	10am Active Mum & Bub	10am Active Mum & Bub	10am Cardio Boxing Mum & Bub	10am Active Mum & Bub	9am 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	10am Active Pregnancy
7pm Pilates		7pm Pilates	7pm Active Pregnancy		
8.15pm Active Mum		8.15pm Active Mum	8.15pm Active Mum		

29/9 Hoyle Ave, Castle Hill

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www.activemum.com.au



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