

# TIMETABLE - SENIOR CLASSES

LORDS GYM

SHENTON PARK  
COMMUNITY CENTRE

THE PALMS  
COMMUNITY CENTRE

| Time    | Monday                | Tuesday                 | Wednesday               | Thursday                | Friday |
|---------|-----------------------|-------------------------|-------------------------|-------------------------|--------|
| 9:30am  |                       |                         | GOLD FITNESS<br>45 mins | GOLD FITNESS<br>45 mins |        |
| 10:00am |                       | GOLD DANCE<br>45 mins   |                         |                         |        |
| 10:30am |                       |                         | CHAIR YOGA<br>60 mins   | GOLD PILATES<br>45 mins |        |
| 10:45am | CHAIR YOGA<br>60 mins |                         |                         |                         |        |
| 11:00am |                       | GOLD PILATES<br>60 mins |                         | GOLD CIRCUIT<br>45 mins |        |
|         |                       | GOLD CIRCUIT<br>45 mins |                         |                         |        |