



Feel Good CRECHE

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Contact us for Booking Essential:

(08) 9584 4969

info@feelgoodfitnesswa.com.au

56 Reserve Drive

WEEKLY TIME TABLE

	MON	TUE	WED	THU	FRI	SAT	SUN			
	FIVE 2 ONE ZONE	FIVE 2 ONE ZONE	FIVE 2 ONE ZONE	FIVE 2 ONE ZONE	FIVE 2 ONE ZONE					
5am	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	FIVE 2 ONE ZONE				
6am	6:30-7:15	6:30-7:15	6:30-7:15	6:30-7:15	6:30-7:15	6:30-7:15				
7am	COMMUNITY GROUP 7:30-8:15	COMMUNITY GROUP 7:30-8:15	BOXERCISE 7:30-8:15	COMMUNITY GROUP 7:30-8:15	COMMUNITY GROUP 7:30-8:15	FIVE 2 ONE ZONE 7:30-8:15				
8am						SATURDAY YOGA 8:00-9:00				
9am	Mr. & Mrs. T 9:30-10:15	COMMUNITY GROUP 9:30-10:15	COMMUNITY GROUP 9:30-10:15	Mr. & Mrs. T 9:30-10:15	BOXERCISE 9:30-10:15	COMMUNITY GROUP 9:30-10:15	Mr. & Mrs. T 9:30-10:15	COMMUNITY GROUP 9:00 - 9:45	BOXERCISE 9:00 - 9:45	
10am	COMMUNITY GROUP 10:30-11:15	COMMUNITY GROUP 10:30-11:15	BOXERCISE 10:30-11:15	COMMUNITY GROUP 10:30-11:15	COMMUNITY GROUP 10:30-11:15					
3pm										
4pm	COMMUNITY GROUP 4:00-4:45	MOVEMENT FOR TEENS (8-12 yrs) 4:00-4:45	COMMUNITY GROUP 4:30-5:15	MOVEMENT FOR TEENS (8-12 yrs) 4:00-4:45	BOXERCISE 4:30-5:15	COMMUNITY GROUP 4:30-5:15	MOVEMENT FOR TEENS (8-12 yrs) 4:00-4:45	COMMUNITY GROUP 4:30-5:15		
5pm	COMMUNITY GROUP 5:00-5:45	MOVEMENT FOR TEENS (13-16 yrs) 5:00-5:45		MOVEMENT FOR TEENS (13-16 yrs) 5:00-5:45		MOVEMENT FOR TEENS (13-16 yrs) 5:00-5:45				
6pm	FIVE 2 ONE ZONE 6:00-6:45	COMMUNITY GROUP 6:00-6:45	FIVE 2 ONE ZONE 6:00-6:45	COMMUNITY GROUP 6:00-6:45	FIVE 2 ONE ZONE 6:00-6:45	BOXERCISE 6:00-6:45	FIVE 2 ONE ZONE 6:00-6:45	COMMUNITY GROUP 6:00-6:45	FIVE 2 ONE ZONE 6:00-6:45	COMMUNITY GROUP 6:00-6:45
7pm	FIVE 2 ONE ZONE FOR MUMS & TEENS 7:00-7:45	DANCE FITNESS 7:00-7:45	COMMUNITY GROUP 7:00-7:45	FIVE 2 ONE ZONE 7:00-7:45	COMMUNITY GROUP 7:00-7:45	FIVE 2 ONE ZONE 7:00-7:45	BOXERCISE 7:00-7:45	FIVE 2 ONE ZONE 7:00-7:45	COMMUNITY GROUP 7:00-7:45	DANCE FITNESS FOR MUMS & TEENS 7:00-7:45