

# Adults program timetable.

Empowering confidence through movement.

TERM 3 STARTS ON 21st JULY 2025

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adults in Motion \$27.50 per lesson	7.00-8.00pm			10.00-11.00am	12.00-1.00pm 5.00-6.00pm		

BOOK NOW

