

Adults program timetable.

Empowering confidence through movement.

TERM 4 STARTS ON 2nd OCTOBER 2023

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adults in Motion \$25 per lesson	7.00-8.00pm				11.00-12.00pm 12.00-1.00pm 5.00-6.00pm		

[BOOK NOW](#)

