



ASTRO ACTIVE CENTRE

WINTER FITNESS CLASS TIMETABLE

DAY	TIME	CLASS
MONDAY	5-6 7-8	Tae Kwondo Tom Thornton
TUESDAY	7-8PM	*BODY FIT
WEDNESDAY		
THURSDAY	10.30-11.30 7-8pm	FLEXI STRETCH *BODY FIT
FRIDAY	9.30-10.30	*BODY FIT

* Please note all morning classes are open to everyone including our service users