

THIS GIRL CAN



LAUNCH WEEK 18 MARCH - 24 MARCH, 2019

MON	TUES	WED	THURS	FRI	SAT	SUN
11.20am	5.45am	7.30pm	5.30pm	8.15am	10.15am	9.10am
Meditation and Morning Tea	LES MILLS BODYBALANCE	Intro to Women's AFL hosted by Eltham Leisure Centre & Diamond Creek Women's Football Club	tone	AQUA ZUMBA	THIS GIRL CAN Group Exercise Session	metafit HIIT TRAINING

PROGRAM TIMETABLE 25 MARCH - 18 APRIL, 2019

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5.45am		LES MILLS BODYBALANCE		POWER HIIT			
8.15am						AQUA	
9.10am		LES MILLS CXWORX			ZUMBA gold		metafit HIIT TRAINING
10.15am	tone			AQUA		THIS GIRL CAN	
11.20am			LES MILLS BODYSTEP				
5.00pm							YOGA
5.30pm	LES MILLS RPM			tone			
6.15pm			LES MILLS BODYATTACK				
7.30pm			THIS GIRL CAN				

40 Brougham Street, Eltham VIC 3095

📞 9439 2266 🌐 elthamleisurecentre.com.au

ELTHAM LEISURE
CENTRE