

Mood Active Fitness Timetable*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	8 - 8.45am Body Circuit Surry Hills (EH&F)	8 - 9am Cardio Tennis Kingsford	8 - 8.45am Body Circuit Surry Hills (EH&F) 8 - 9am Cardio Tennis Kingsford		8 - 8.45am Body Circuit Surry Hills (PAP) 8 - 9am Cardio Tennis Kingsford	9 - 10 am Body Circuit Surry Hills (PAP) 9.30 - 10.45am Yoga Kingsford	8 - 9am Body Circuit Kensington 10 - 12pm Monthly bushwalks dates TBC
Middle	11-11.45am Walking Group Royal Botanic Gardens, City			12.00 - 1.00pm Gentle Body Circuit Surry Hills (PAP)	12.00 - 1.00pm Gentle Body Circuit Surry Hills (PAP)		
Afternoon	6.30 - 7.45pm Yoga Surry Hills (CCT)	6.30 - 7.30pm Walking Group Centennial Park, Paddington		6.30 - 7.30pm Body Circuit Surry Hills (PAP)			

My Body Kensington Gym

3/117 Anzac Parade, Kensington

Enjoy Health & Fitness Gym (EH&F)

1/100 Chalmers Street, Sydney

City Community Tennis (CCT)

Yoga Room

Prince Alfred Park, 242 Cleveland Street, Surry Hills

Prince Alfred Park (PAP)

Meet outside of the entrance to the Prince Alfred Park Public Pool, for a class in the park

105 Chalmers St, Surry Hills

Eastcourts Tennis Club

1 Court Avenue, Kingsford

Walking Groups

Centennial Park, Paddington

Meet at Paddington Gates, corner of Carrington Dr & Oxford St

Royal Botanic Gardens, City

Meet at the corner of Hospital Road & Art Gallery Road