

MARCH 2018							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am		8:00 - 9:00 Cadio Tennis Kingsford	8:00 - 8:45 Body Circuit Surry Hills (EH&F)		8:00 - 9:00 Cardio Tennis Kingsford		8:00 - 9:00 Body Circuit Kensington
9am			8:00 - 9:00 Cadio Tennis Kingsford			9:00 - 10:00 Body Circuit Surry Hills (PAP)	
10am	9:30 - 10:00 Body Circuit Surry Hills (EH&F)			9:30 - 10:30 Cardio Tennis Moore Park	9:30 - 10:15 Body Circuit Surry Hills (EH&F)	9:30 - 10:45 Yoga Kingsford	10:00 - 12:00 Monthly bushwalks TBC
11am							
12pm							
1pm							
6pm							
7pm	6:30 - 7:45 Yoga Surry Hills (CCT)			6:30 - 7:30 Body Circuit Surry Hills (PAP)			
8pm							

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

Moore Park
Parklands Sports Centre
Corner of Anzac Parade and Lang Road, Moore Park

Royal Botanic Gardens, City
Meet at the corner of Hospital Road & Art Gallery Road

To find out more about joining the Mood Active program, contact us on 0412 190 842 or email at info@moodactive.com.au.