

CURRENT TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am		8:00 - 9:00 Cardio 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 Cardio Tennis Kingsford	9:30 - 10:30 Cardio Tennis Moore Park		9:00 - 10:00 Body Circuit Surry Hills (PAP)	
10am						9:30 - 10:45 Yoga Kingsford	10:00 - 12:00 Monthly bushwalks TBC
11am							
12pm							
4pm							
5pm							4:30 - 5:30 Cardio Tennis Kingsford
6pm				6:00 - 7:00 Body Circuit Surry Hills (PAP)			
7pm	6:30 - 7:30 Yoga Surry Hills (CCT)						

LOCATIONS

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