

# MOOD ACTIVE

## TIMETABLE

from Sept 2018

	SURRY HILLS	KINGSFORD	CAMPERDOWN	MOORE PARK
MONDAY	6:30 pm- 7:30pm <b>Yoga</b> City Community Tennis Jenny		8:00am - 9:00am <b>Group Personal Training</b> Camperdown Park Oval Jason 9:30am - 10:30am <b>Group Personal Training</b> Camperdown Park Oval Jason 5:30pm - 6:30pm <b>Cardio Tennis</b> Camperdown Tennis Tracey	
TUESDAY	9:30am - 10:30am <b>Body Circuit</b> EH & F Cym Juan	8:00am - 9:00am <b>Cardio Tennis</b> Eastcourts Tennis Club Cameron	9:30am-10:30am <b>Yoga</b> (from 16 October) Camperdown Commons Rebecca	
WEDNESDAY	6:00pm to 7:00pm <b>Body Circuit</b> Prince Alfred Park Anna	8:00am - 9:00am <b>Cardio Tennis</b> Eastcourts Tennis Club Cameron	8:00am - 9:00am <b>Group Personal Training</b> Camperdown Park Oval Jason 9:30am - 10:30am <b>Group Personal Training</b> Camperdown Park Oval Jason	
THURSDAY			5:00 pm to 6:00pm <b>Cardio Tennis</b> Camperdown Tennis Tracey	9:30am to 10:30am <b>Cardio Tennis</b> Parklands Sports Centre Adrian
FRIDAY		8:00am - 9:00am <b>Cardio Tennis</b> Eastcourts Tennis Club Cameron	8:00am - 9:00am <b>Group Personal Training</b> Camperdown Park Oval Jason 9:30am - 10:30am <b>Group Personal Training</b> Camperdown Park Oval Jason	
SATURDAY		9:30am - 10:45am <b>Yoga</b> Eastcourts Tennis Club 2:30pm - 3:30pm <b>Cardio Tennis</b> Eastcourts Tennis Club	10:30am-11:30am <b>Body Circuit</b> Juliette	
SUNDAY				

### SURRY HILLS

Enjoy Health & Fitness Gym (EH&F)  
1/100 Chalmers Street, Sydney

#### City Community Tennis

Yoga Room  
Prince Alfred Park, 242 Cleveland Street, Surry Hills

#### Prince Alfred Park

Meet at the yellow balloon sculpture, opposite the entrance to the Prince Alfred Park Public Pool  
105 Chalmers St, Surry Hills

### KINGSFORD

Eastcourts Tennis Club  
1 Court Avenue, Kingsford

### MOORE PARK

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

### CAMPERDOWN

Yoga: Camperdown Commons - Common Room, 31A Mallett St, Camperdown NSW 2050  
Cardio Tennis: Camperdown Tennis, 31 Mallett St, Camperdown NSW 2050  
Boot Camp: Camperdown Park Oval. Meet at the 'Original Bootcamp' van in the Camperdown Tennis Carpark. Entry is off Mallet Street just past Camperdown Commons.  
Body Circuit: Camperdown Park Oval. Meet at the Camperdown Tennis Carpark. Entry is off Mallet Street just past Camperdown Commons.

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