

# EXERCISE CLASSES

@ BARLEY

MOW PARK

SOCIAL

RETREAT

\* PLEASE CONTACT US TO  
CONFIRM AVAILABILITY  
AND TO BOOK A SPOT.



MONDAY		
	10:30 - 11:30	Exercise, movement and dance
	13:30 - 14:15	Sit 'n' 'b' fit - Seat to Feet
TUESDAY		
	11:00 - 11:45	Exercise, movement and dance
	13:30 - 14:15	Sit 'n' 'b' fit - Seat to Feet
WEDNESDAY		
	11:00 - 11:45	The Simonator - For mixed abilities.
	13:15 - 14:00	The Simonator - For mixed abilities.
THURSDAY		
	11:00 - 11:45	Exercise, movement and dance
	13:30 - 14:15	Sit 'n' 'b' fit - Seat to Feet
FRIDAY		
	11:00 - 11:45	Exercise, movement and dance
	13:30 - 14:15	Sit 'n' 'b' fit - Seat to Feet