

Inertia Health Group Fitness Class Timetable

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8am-8:50am Osteoblast Class	9am-9:50am Osteoblast Class	9am-9:50am Osteoblast Class	8:10am-9:10am Strength 4 Life	8am-8:50am Osteoblast Class
	10am-11am Strength 4 Life	10am-11am Strength 4 Life	10am-11am Strength 4 Life	
11:40am - 12:30pm Balance Boost				
2pm-3pm Strength 4 Life	1:30pm-2:30pm General Fitness class		2pm - 2:50pm Balance Boost	