



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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**BAYSIDE GROUP FITNESS**  
**FOR THE WEEK 7 NOVEMBER 2022**

5.30am							
7.30am							
8.30am							
9.00am							
9.30am							
5.30 pm							
6.00pm							

ALL CLASSES ARE SUBJECT TO CHANGE WITHOUT NOTICE. FOR CLASS DESCRIPTIONS REFER TO OUR WEBSITE

