



Engage Your Core Online Classes Via Zoom

Monday	Tuesday	Wednesday	Thursday	Friday
1.15pm Light Weights (Micheala)				
2.30pm Stretch & Core (Micheala)		7:45am General Fitness (Justin)	7am Light Weights (Micheala)	
		9am Stretch & Core (Justin)		

For enquiries and links please telephone Micheala or Justin on 0449 047 746.

All classes are subsidised by Noosa Seniors through the Commonwealth Home Support Program.

