

# FITNESS AND WELLNESS TIMETABLE - SEPTEMBER 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am					<b>Strength &amp; Vitality</b>		
9:00 am			<b>Classic Yoga</b>				
9:30 am		<b>Strength Plus</b>			<b>Tai Chi</b>	<b>Yin Yoga</b>	<b>Strength Plus</b>
10:00 am			<b>Strength &amp; Vitality</b>	<b>Strength Foundations</b>			
10:30 am	<b>Restorative Yoga</b>	<b>Strength Foundations</b>					
	<b>Strength &amp; Vitality</b>						
11:00 am			<b>Strength Foundations</b>	<b>Strength &amp; Vitality</b>	<b>Meditation</b>		
11:30 am	<b>Strength &amp; Vitality</b>	<b>Pilates</b>			<b>Strength &amp; Vitality</b>		
12:00 pm			<b>Standing Pilates</b>				
12:30pm	<b>Pilates</b>						
2:30 pm				<b>Dance</b>			
6:00pm			<b>Classic Yoga</b>				

Classes are 50 minutes.

Bookings: Phone: 9592 3033 [www.brightonrec.com.au/fitness-and-wellbeing-timetable/](http://www.brightonrec.com.au/fitness-and-wellbeing-timetable/)



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