

St Helens Tennis Court Timetable 2017 version 15082017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am		8.30—9.30 Beginner Tai Chi		Fitness Recovery 9.00am—10.00am session			
10am		9.30—10.30 Gentle Tai Chi		Fitness Recovery 10.00am—11.00am session			
11am				Fitness Recovery 11.00am—12.00 noon session			
12pm							
1pm							
2pm							
3pm							
4pm				St Helens Table Tennis Youth Group 3.15-pm—4.15 pm			
5pm							
6pm			St Helens Table Tennis 6-8pm				
7pm							

To join any of our St Helens programs contact Hub4Health at admin@hub4health.org.au. We have a waitlist for new programs and welcome enquiries.