



# BOULIA SHIRE COUNCIL

## SESSIONS AT BOULIA SPORTS & AQUATIC CENTRE

<b>TUESDAY</b>	
<b>6:00am – 6:45am</b>	Racquet / Bat Sports
<b>8:30am – 9:00am</b>	Walking / Jogging
<b>2:00pm – 2:30pm</b>	Yoga / Stretch Parents / Babies / Toddlers

<b>WEDNESDAY</b>	
<b>6:00am – 6:45am</b>	Speed / Agility Fitness / Circuits
<b>8:30am – 9:00am</b>	Yoga / Stretch Parents / Babies / Toddlers
<b>3:15pm – 4:30pm</b>	Active Sport / Recreation Games
<b>5:15pm – 5:45pm</b>	Walking / Jogging

<b>THURSDAY</b>	
<b>4:00pm – 4:45pm</b>	Racquet / Bat Sports
<b>5:00pm – 5:45pm</b>	Speed / Agility / Fitness / Circuits

<b>FRIDAY</b>	
<b>6:00am – 6:45am</b>	Speed / Agility / Fitness / Circuits
<b>3:15pm – 4:30pm</b>	Active Sport / Recreation Games

*Children under 10 must be accompanied by an adult*