



## Online ActiveStrongerBetter Timetable February 2026

Please call ASB Leader prior to first class, registration may be required...

### Tuesday

Time	Location	Class	Level	Leader	Contact
9-10am	Online via Zoom	Women's Only Mobility and Balance	1	Donna	0412541393

### Wednesday

Time	Suburb	Class	Level	Leader	Contact
5-5:45pm	Online via Zoom	Strength for Women	1	Donna	0412541393

ASB Class Levels: Seated, Level 1 - Beginner Level 1-2 - Moderate, Level 2 - Moderate to challenging, Level 3 – Challenging  
A pre-exercise assessment form must be completed at your first session and GP clearance may be necessary.