

Empower Academy Timetable:

Day	Venue	Time	Class	Who	
Monday	Manly Bowling Club	5:30pm	Mini's	5yrs to 7yrs	Term time only
		6pm	Juniors	8yrs to 11yrs	
		7pm	Academy	12+ to Adult	
Thursday	Gulf Harbour School	6pm	Academy	12+ to Adult	
		7pm	Fitness	12+ to Adult	
Sunday	Gulf Harbour School	9:00am	Juniors	8yrs to 11yrs	Term time only

