

GROUP FITNESS CLASSES TIMETABLE

FROM
OCTOBER 2024

	MON	TUES	WED	THURS	FRI
6:00 AM			AQUA 60min (Karen)		
8:45 AM		Aqua 45min (Narelle)		Aqua 45min (Narelle)	
9:00 AM	Aqua 45min (Narelle)				
9:30AM		SwimFit* 45min (Ainsley)			
6:00 PM	Aqua 45min (Karen)				
	SwimFit* 45min (Ainsley)	Aqua 45min (Karen)		Aqua 45min (Karen)	

AQUATICS

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change | * Separate fees apply for SwimFit