

Fitness class timetable



| MONDAY 8am – 8pm | TUESDAY 7am – 8pm | WEDNESDAY 8am – 6pm | THURSDAY 8am – 8pm | FRIDAY 7am – 6pm | SATURDAY 9am – 5pm |
|---|---|---|----------------------------|---|--|
| 10.30am – 11.30am 11.30am – 12.30pm PILATES | 8am – 8.45am FIT BLITZ 11.30am-12.10pm 12.10pm-12.45pm FALLS PREVENTION | 8.45am-9.15am AQUA TONE 11am – 12pm YOGA | 8am – 8.45am FIT BLITZ | 10.30am – 11.15am ZUMBA FIT 11.45am-12.15pm FALLS PREVENTION | |
| 1.30pm – 2.15pm CIRCUITS | 2pm – 3pm YOGA | 12pm – 12:30 TAI CHI | 2pm – 2.45pm AQUA | | SUNDAY 9am – 5pm 1pm – 2pm GRAND CHILDREN SWIM |
| 6.15pm – 7.00pm AQUA | 6pm – 6.30pm GYM TONE 6.30pm – 7.00pm CORE & ABS | | 6.15pm – 7.00pm TAI CHI | | CLASSES ARE ON A FIRST COME FIRST SERVED BASIS |