

MONDAY 4TH JANUARY 2021 - SUNDAY 31ST JANUARY 2021

STUDIO 1

	MON	TUE	WED	THU	FRI	SAT	SUN
5:45 am	LES MILLS RPM 45	LES MILLS SPRINT 30	LES MILLS RPM 45	LES MILLS BODYPUMP 45	LES MILLS SPRINT 30		
6:30 am		LES MILLS CXWORX 30			LES MILLS CXWORX 30	LES MILLS RPM 45	
7:30 am				PILATES 45		LES MILLS RPM 45	
8:30 am	PILATES 45	FAT BURNER 45	PILATES 45	LES MILLS RPM 45	DANCEFIT 45	LES MILLS BODYATTACK 45	LES MILLS RPM 45
9:30 am	LES MILLS BODYPUMP 45	ZUMBA 45	LES MILLS RPM 45	LES MILLS BODYSTEP 45	LES MILLS RPM 45	LES MILLS BODYPUMP 45	LES MILLS BODYPUMP 45
10:30 am	CoreCross 45	LES MILLS RPM 45	LES MILLS BODYPUMP 45		LES MILLS BODYBALANCE 45		
3:30 pm						YOGA 45	
4:30 pm	LES MILLS BODYCOMBAT 45	LES MILLS CXWORX 30	FAT BURNER 45	LES MILLS SPRINT 30			
5:00 pm					LES MILLS RPM 45		
5:15 pm				DANCEFIT 45			
5:30 pm	LES MILLS RPM 45	LES MILLS RPM 45	LES MILLS BODYPUMP 45				
6:00 pm					LES MILLS BODYPUMP 45		
6:30 pm	LES MILLS BODYATTACK 45	LES MILLS BODYPUMP 45	ZUMBA 45	GRIT STRENGTH 30			
7:15 pm				LES MILLS BODYBALANCE 45			
7:30 pm	LES MILLS BODYBALANCE 45		LES MILLS RPM 45				

NOTE: No cycling shoes are to be worn outside the cycle studio

STUDIO 2

	MON	TUE	WED	THU	FRI	SAT
8:00 am						LES MILLS CXWORX 30
8:30 am			INTERACTIVE 45			
9:00 am				PILATES 45		
9:30 am	INTERACTIVE 45	YOGA 45			LES MILLS BODYCOMBAT 45	
10:30 am			PILATES 45			
11:30 am	YOGA 45					
5:00 pm		YOGA 45				
6:30 pm				FAT BURNER 45		



AQUAFIT HOURS

Monday - Friday: 5am - 9pm

Saturday: 6am - 6pm

Sunday: 7am - 12 Noon

Aquafit reserves the right to make changes to the timetables i.e. adding or removing classes based on participation levels and seasonal demand.

Classes in Studio 1 are capped at a Maximum of 38 people (30 people for bike classes).
Classes in Studio 2 are capped at a Maximum of 18 people.
Aqua Classes are capped at a Maximum of 26 people.

45 Indicates class time in minutes Find this timetable online at: aquafit.com.au

■ New Class



Your safety and wellbeing is our priority. Don't forget...



SANITISE YOUR HANDS

Sanitise regularly



PRACTICE SOCIAL DISTANCING

Remain 1.5 metres away from each other



WASH YOUR HANDS

for 20 seconds. Use soap. Then dry.



COVER YOUR MOUTH

if you cough or sneeze

AQUA

	MON	TUE	WED	THU	FRI	SAT
6:00 am		AQUA FITNESS 45				
8:30 am	AQUA FITNESS 45	AQUA FITNESS 45	AQUA FITNESS 45	AQUA FITNESS 45	AQUA FITNESS 45	AQUA BOOTCAMP 45
9:30 am	AQUA FITNESS 45	AQUA FITNESS 45	AQUA LITE 45	AQUA FITNESS 45	AQUA FITNESS 45	AQUA FITNESS 45
10:30 am	AQUA FITNESS 45				AQUA FITNESS 45	
6:00pm	AQUA FITNESS 45		AQUA FITNESS 45			