

# COMMENCING MONDAY 9TH NOVEMBER

## 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			
6:30 am		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.

■ New Class

Classes in Studio 1 are capped at a Maximum of 20 people.  
Classes in Studio 2 are capped at a Maximum of 14 people.

45 Indicates class time in minutes Find this timetable online at: [aquafit.com.au](http://aquafit.com.au)



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 FITNESS 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			