

TIMETABLE STARTING 14 JAN 2020

	MON	TUES	WED	THUR	FRI	SAT
5.30AM		LIFT	METCON		HIRT	
8.30AM					HIIT	OUTDOOR
9.30AM	OUTDOOR	HIRT	OUTDOOR	LIFT	HIIT	
5.30PM		HIIT	HIRT			
6PM	LIFT			METCON		

For session descriptions and to book online visit aquafit.com.au.