

SMALL GROUP TRAINING

	MON	TUES	WED	THUR	FRI	SAT
5.30AM		LIFT ⁶⁰	MetCon ⁶⁰		HIRT ⁶⁰	
8.30AM						Warrior ⁶⁰
9.30AM	XFit ⁶⁰	HIRT ⁶⁰	Warrior ⁶⁰	LIFT ⁶⁰	HIIT ⁶⁰	
5.30PM			HIRT ⁶⁰			
6PM	LIFT ⁶⁰			MetCon ⁶⁰		



**CYCLE 3
TIMETABLE
11 MARCH - 6 APRIL**

For session descriptions and to book online visit aquafit.com.au or scan the QR code above