

# SMALL GROUP TRAINING

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



**CYCLE 5  
TIMETABLE  
6 MAY - 1 JUNE**

For session descriptions and to book online visit [aquafit.com.au](http://aquafit.com.au) or scan the QR code above