

Aquafit is closed on Good Friday, 19 April  
9.30am class only on Mon 22 April & Thurs 25 April

	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>		

# SMALL GROUP TRAINING



**CYCLE 4  
TIMETABLE  
8 APRIL - 4 MAY**



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