

SATURDAY 1ST MAY – MONDAY 31ST MAY

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	LES MILLS Sprint 30		
6:30 am		LES MILLS CORE 30			LES MILLS CORE 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	ZUMBA 45	LES MILLS BODYBALANCE 45		
11:30 am	YOGA 45						
3:30 pm						YOGA 45	
4:00 pm							LES MILLS BODYBALANCE 45
4:30 pm	LES MILLS BODYCOMBAT 45		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	FAT BURNER 45			
7:30 pm	LES MILLS BODYBALANCE 45		LES MILLS RPM 45	LES MILLS BODYBALANCE 45			



NOTE: No cycling shoes are to be worn outside the cycle studio

STUDIO 2

	MON	TUE	WED	THU	FRI	SAT
7:30 am						LES MILLS CORE 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			
5:00 pm		YOGA 45				



AQUAFIT HOURS

Monday - Friday: 5am - 9pm • Saturday: 6am - 6pm • Sunday: 7am - 6pm

Aquafit reserves the right to make changes to the timetables i.e. adding or removing classes based on participation levels and seasonal demand.

45 Indicates class time in minutes Find this timetable online at: aquafit.com.au New class or time

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		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 LITE 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			
6:30pm				AQUA FITNESS 45		