

# MONDAY 11TH OCTOBER - SUNDAY 17TH OCTOBER

## STUDIO 1

	MON	TUE	WED	THU	FRI	SAT	SUN
5:45 am	LES MILLS RPM 45		LES MILLS RPM 45	LES MILLS BODYPUMP 45			
7:30 am						LES MILLS RPM 45	
8:30 am	PILATES 45	FAT BURNER 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 BODYPUMP 45	CORE 30	LES MILLS BODYBALANCE 45		
3:30 pm						YOGA 45	
4:30 pm	LES MILLS BODYCOMBAT 45		FAT BURNER 45	LES MILLS RPM 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	LES MILLS BODYBALANCE 45			
7:30 pm	LES MILLS BODYBALANCE 45		LES MILLS RPM 45				



### AQUAFIT HOURS

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

Classes in Studio 1 are capped at a Maximum of 20 people.  
 Classes in Studio 2 are capped at a Maximum of 14 people.  
 Aqua Classes are capped at a Maximum of 20 people.



Your safety and wellbeing is our priority. Don't forget...

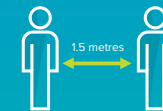


**MASKS MUST BE WORN AT ALL TIMES**

in non water based classes



Due to the wearing of a mask in class, you should use additional caution and discretion to exercise at a lower intensity than usual.



**PRACTICE SOCIAL DISTANCING**

Remain 1.5 metres away from each other



**USE ALLOCATED FLOOR MARKINGS**

to ensure 1.5m<sup>2</sup> social distancing



**KEEP HYDRATED WITH WATER**

during your class



If you are feeling faint, light headed or unwell at anytime during the class - please alert the instructor.

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

## STUDIO 2

	MON	TUE	WED	THU	FRI
8:30 am			INTERACTIVE 45		
9:00 am				PILATES 45	
9:30 am	INTERACTIVE 45	YOGA 45			
10.30 am			PILATES 45		LES MILLS BODYCOMBAT 45
5:00 pm		YOGA 45			

## AQUA

	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 am							
8:30 am	AQUA FITNESS 45						
9:30 am	AQUA FITNESS 45						
6:00pm	AQUA FITNESS 45				AQUA FITNESS 45		AQUA BOOTCAMP 45



**Pools are currently closed until Sunday 17th October - as per NSW Health Orders**

45 Indicates class time in minutes Find this timetable online at: [aquafit.com.au](http://aquafit.com.au)

New class or time

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