

COMMENCES MONDAY 21 FEBRUARY



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

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

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

PRACTICE SOCIAL DISTANCING
Remain 1.5 metres away from each other

USE ALLOCATED FLOOR MARKINGS
to ensure 1.5m² social distancing

KEEP HYDRATED WITH WATER
during your class

STUDIO 1							
	MON	TUE	WED	THU	FRI	SAT	SUN
5:45 am				LES MILLS BODYPUMP 45			
6:15 am		LES MILLS CORE 30			LES MILLS CORE 30		
7:30 am				PILATES 45			
8:30 am	PILATES 45	FAT BURNER 45	INTERACTIVE 45			LES MILLS BODYATTACK 45	
9:30 am	LES MILLS BODYPUMP 45	ZUMBA 45		LES MILLS BODYSTEP 45	DANCEFIT 45	LES MILLS BODYPUMP 45	LES MILLS BODYPUMP 45
10:30 am	CoreCross 45	PILATES 45	LES MILLS BODYPUMP 45	ZUMBA 45	LES MILLS BODYBALANCE 45		
3:30 pm						YOGA 45	
4:30 pm	LES MILLS BODYCOMBAT 45						
5:15 pm				DANCEFIT 45			
5:30 pm		YOGA 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						

CYCLE STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 am		LES MILLS sprint 30			LES MILLS sprint 30		
5:45 am	LES MILLS RPM 45		LES MILLS RPM 45				
7:30 am						LES MILLS RPM 45	
8:30 am							LES MILLS RPM 45
9:30 am	LES MILLS RPM 45		LES MILLS RPM 45	LES MILLS RPM 45	LES MILLS RPM 45		
4:30 pm							
5:00 pm				LES MILLS sprint 30	LES MILLS RPM 45		
5:30 pm							
5:45 pm	LES MILLS RPM 45	LES MILLS RPM 45					
6:45 pm			LES MILLS RPM 45				

AQUA						
	MON	TUE	WED	THU	FRI	SAT
6:00 am				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	
6:00pm	AQUA FITNESS 45					
6:30pm			AQUA FITNESS 45			

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

STUDIO 2					
	MON	TUE	WED	THU	FRI
9:00 am				PILATES 45	
9:30 am	INTERACTIVE 45	YOGA 45			LES MILLS BODYCOMBAT 45
10.30 am			PILATES 45		
5:00 pm					



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