

# TUESDAY 4TH JANUARY 2022 – SUNDAY 30TH JANUARY 2022

(EXCLUDES AUSTRALIA DAY PUBLIC HOLIDAY – 26TH JANUARY)

## 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 CORE 30		
7:30 am				PILATES 45		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	PILATES 45	LES MILLS BODYPUMP 45		LES MILLS BODYBALANCE 45		
3:30 pm						YOGA 45	
4:30 pm	LES MILLS BODYCOMBAT 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	LES MILLS BODYBALANCE 45			
7:30 pm	LES MILLS BODYBALANCE 45						

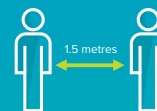


### AQUAFIT HOURS

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



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



#### 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 feint, 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		PILATES 45		LES MILLS BODYCOMBAT 45
5:00 pm		YOGA 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				AQUA FITNESS 45	
6:00pm	AQUA FITNESS 45		AQUA FITNESS 45			

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.