

WINTER

STUDIO 1

	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 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	BODY SCULPT 45	INTERACTIVE 45			LES MILLS BODYATTACK 45	
9:30 am	LES MILLS BODYPUMP 45	ZUMBA 45	BOX FIT 45	STEP 45	DANCEFIT 45	LES MILLS BODYPUMP 45	LES MILLS BODYPUMP 45
10:30 am		PILATES 45	LES MILLS BODYPUMP 45	ZUMBA 45	LES MILLS BODYBALANCE 45		
3:30 pm						RESTORATIVE YOGA 45	
5:00 pm	LES MILLS BODYCOMBAT 45						
5:15 pm				DANCEFIT 45			
5:30 pm		VIN-YIN YOGA 45	LES MILLS BODYPUMP 45				
6:15 pm					LES MILLS BODYPUMP EXPRESS 30		
6:30 pm	LES MILLS BODYATTACK 45	LES MILLS BODYPUMP 45	BOX FIT 45				
7:00 pm				LES MILLS BODYBALANCE 45			
7:30 pm	LES MILLS BODYBALANCE 45						

STUDIO 2

	MON	TUE	WED	THU	FRI
9:00 am				PILATES 45	
9:30 am	INTERACTIVE 45	FLOW YOGA 45			LES MILLS BODYCOMBAT 45
10:30 am			PILATES 45		



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

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			
5:30 pm					LES MILLS Sprint 30		
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 ATHLETIC 45	
6:00 pm						
6:30 pm			AQUA ATHLETIC 45			
6:45 pm		AQUA ATHLETIC 45				

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

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



AQUAFIT HOURS:
 Monday - Friday: 5am - 9pm
 Saturday: 6am - 6pm
 Sunday: 7am - 6pm
 (02) 4629 7297 • aquafit.com.au

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.



KEEP HYDRATED WITH WATER
 during your class