

Group Fitness Classes

TIMETABLE

FROM JUNE 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUA TIMETABLE	6:30 am	Aqua Fit 45min (Belinda)		Aqua Fit 45min (Belinda)		Aqua Fit 45min (Belinda)	
	7:30 am	Aqua Fit 45min (Belinda)					
	8:00 am				Aqua Fit 45min (Belinda)		
	9:00 am		Aqua Fit 45min (Belinda)		Aqua Fit 45min (Belinda)		
	9:30 am					Aqua Fit 45min (Alex)	
	10:00 am		Warm Water Aqua 30min (Belinda)				Aqua Fit 45min (Allesia)
	10:15 am				Warm Water Aqua 30min (Belinda)		
	12:15 pm					Aqua Flow 30min (Belinda)	
	3:00 pm			Aqua Flow 30min (Belinda)			
	3:30 pm						Aqua Fit 45min (Alex)
	5:00 pm	Aqua Fit 45min (Lindie)				Aqua Fit 45min (Lindie)	
	6:00 pm	Aqua Fit 45min (Lindie)				Aqua Fit 45min (Lindie)	
	7:00 pm		Aqua Fit 45min (Alex)				

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.



SUMMIT
AQUATIC + LEISURE