

Group Fitness Classes

TIMETABLE

FROM SEPTEMBER 2026

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