

Dayboro Pool & Gym – Group Fitness Timetable

Day	Class	Time
Monday	Gym Circuit Class	8:15am – 9:00am
Monday	Aqua Aerobics	8:00am – 8:45am
Tuesday	Aqua Aerobics	8:00am – 9:00am
Wednesday	Gym Circuit Class	5:30am – 6:15am
Wednesday	Gym Circuit Class	8:15am – 9:00am
Thursday	Aqua Aerobics	8:00am – 9:00am
Friday	Gym Circuit Class	5:30am – 6:15am
Friday	Gym Circuit Class	8:25am – 9:00am

All classes are included in memberships. Bookings essential via Active World.