

GROUP EXERCISE CLASSES

TIMETABLE

Effective:
5TH January 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP FITNESS	5:30am	Circuit Class 45 min Stuart		Circuit Class 45 min Stuart		Circuit Class 45 min Stuart		
	6.45am					Aqua Aerobics 60 min Michelle		
	8.00am	Aqua Aerobics 45 min Sarah	Aqua Aerobics 60 min Sarah		Aqua Aerobics 60 min Sarah			
	8:15am	Circuit Class 45 Min Stuart		Circuit Class 45 min Stuart		Circuit Class 45 min Stuart		
	9:00am							
	10:00am							
	5:00pm	Circuit Class 45 Min Stuart						
	5.30pm			Aqua Aerobics 60 min Michelle				
	6:00pm							

- 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.