GROUP EXERCISE CLASSES
TIMETABLE

GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	Circuit Class 45 min Stuart	Circuit Class 45 min Stuart		
9:00am							
10:00am							
5:00pm							
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.

dayboro POOL & GYM