

Fitness Timetable

PH. 3410 0200



	Monday	Tuesday	Wednesday		Thursday	Friday	Saturday
5:30am		Squad w/Shelley			Squad w/Shelley	Squad w/Shelley	
7:00am	Aqua Low Movement Indoor w/ Naomi	Aqua Outdoor w/ Naomi	Aqua Outdoor w/ Naomi			Combat Outdoor w/ Naomi	
8:00am	Hiit Intervals Outdoor w/ Naomi		Aqua Aerobics Indoor w/Naomi	SwimFit w/Narelle		SwimFit w/Narelle	
9:00am					Low Impact Indoor w/ Naomi		Aqua Aerobics Outdoor w/ Naomi
10:00am					Stretch Indoor w/ Naomi		
3:00pm			Get Wet (Adult LTS)			Move (Adult LTS)	
4:00pm	Squad w/Shelley		Squad w/Shelley		Squad w/Shelley		
5:30pm	SwimFit w/Narelle						

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5:30pm	SwimFit w/Narelle						