

GROUP EXERCISE CLASSES

TIMETABLE

From
May 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GYM	9:00am	Low Impact Circuit 45min (Elle)	Low Impact Chair 45min (Rachel)		Low Impact Chair 45min (Rachel)	
	5:00pm				Strength & Core 60min (Kaileigh)	Bootcamp 60min (Kaileigh)
AQUATIC	8:15am	Aqua Aerobics 45min (Elle)	Aqua Aerobics 45min (Elle)	Aqua Aerobics 45min (Elle)	Aqua Aerobics 45min (Elle)	Aqua Aerobics 45min (Elle)
	10:00am				Aqua Aerobics 45min (Elle)	
	5:00pm	Swim Fit 60min (Kylie)	Swim Fit 60min (Kylie)	Aqua Aerobics 45min (Elle)	Aqua Aerobics 45min (Elle)	Swim Fit 60min (Kylie)

- 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.