

# GROUP EXERCISE CLASSES

## TIMETABLE

From  
May 2026

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