

Exercise Class Timetable

	Mon	Tue	Wed	Thurs	Fri	Sat
6:15am to 7:00am	Spin Bikes	CLASS <small>of the</small> MONTH	Boxing Circuit	CLASS <small>of the</small> MONTH	Circuit	
8:00am to 9:00am						
8:30am to 9:30am						Spin Bikes
9:30am to 10:30am	AQUA	Spin & Boxing	AQUA	Circuit	AQUA	Circuit
10:30am to 11:30am	Gentle AQUA		Seniors Circuit		Gentle AQUA	
3:30pm to 6:00pm	Teen Training Time - 3:30 to 6:00pm after school					
6:00pm to 7:00pm	AQUA	CLASS <small>of the</small> MONTH	AQUA		CLASS <small>of the</small> MONTH	
7:00pm to 7:45pm	Kick Pad Class			Spin Bikes	<i>Timetable runs until 31th March 2012</i>	

CLASS of the MONTH

January- Outdoor Core

February -

March -

Aqua Aerobics Classes

Adults	\$11.00
Concession	\$9.50
Gentle Aqua	\$7.50
Adult 10 Visit Pass	\$88.00
Concession 10 Visit Pass	\$78.00

Group Fitness Classes

Adults	\$15.00
Concession	\$10.00

There is no need to book & all classes are FREE for Gym Members