



AUSTRALIA DAY GROUP FITNESS TIMETABLE

MONDAY 26 JANUARY 2026

7.00AM	SHALLOW AQUA
7.15AM	HCT
8.00AM	SHALLOW AQUA
8.15AM	PILATES
8.30AM	FIT30 HIIT
9.15AM	BELLY DANCE
	DEEP AQUA
10.00AM	FIT30 CORE
10.15AM	HATHA YOGA
	DEEP AQUA
11.30AM	STRONG SENIORS
12.30PM	BOXING
4.30PM	FIT30 HIIT
5.30PM	VINYASA YOGA
6.00PM	FIT30 STRETCH & MOBILITY
6.30PM	BODY PUMP

OPENING HOURS: 6AM - 8PM