

INNER WEST

Thursday 25th April 2024

Anzac Day

Group Fitness Timetable

Gym hours 6am-7pm

TIME	CLASS	WHERE
6:15am	Body Pump	Studio 1
7:15am	Pilates	Studio 1
8:00am	Shallow Water Aqua	Indoor
8:15am	Zumba	Studio 1
9:15am	Cardio Boxing	Studio 1
10:00am	FIT30 CORE	Studio 3
10:15am	Deep Aqua	Outdoor
10:15am	Body Balance	Studio 1
11:30am	Active Seniors	Studio 1
4:30pm	FIT30 HITT	Gym Floor

