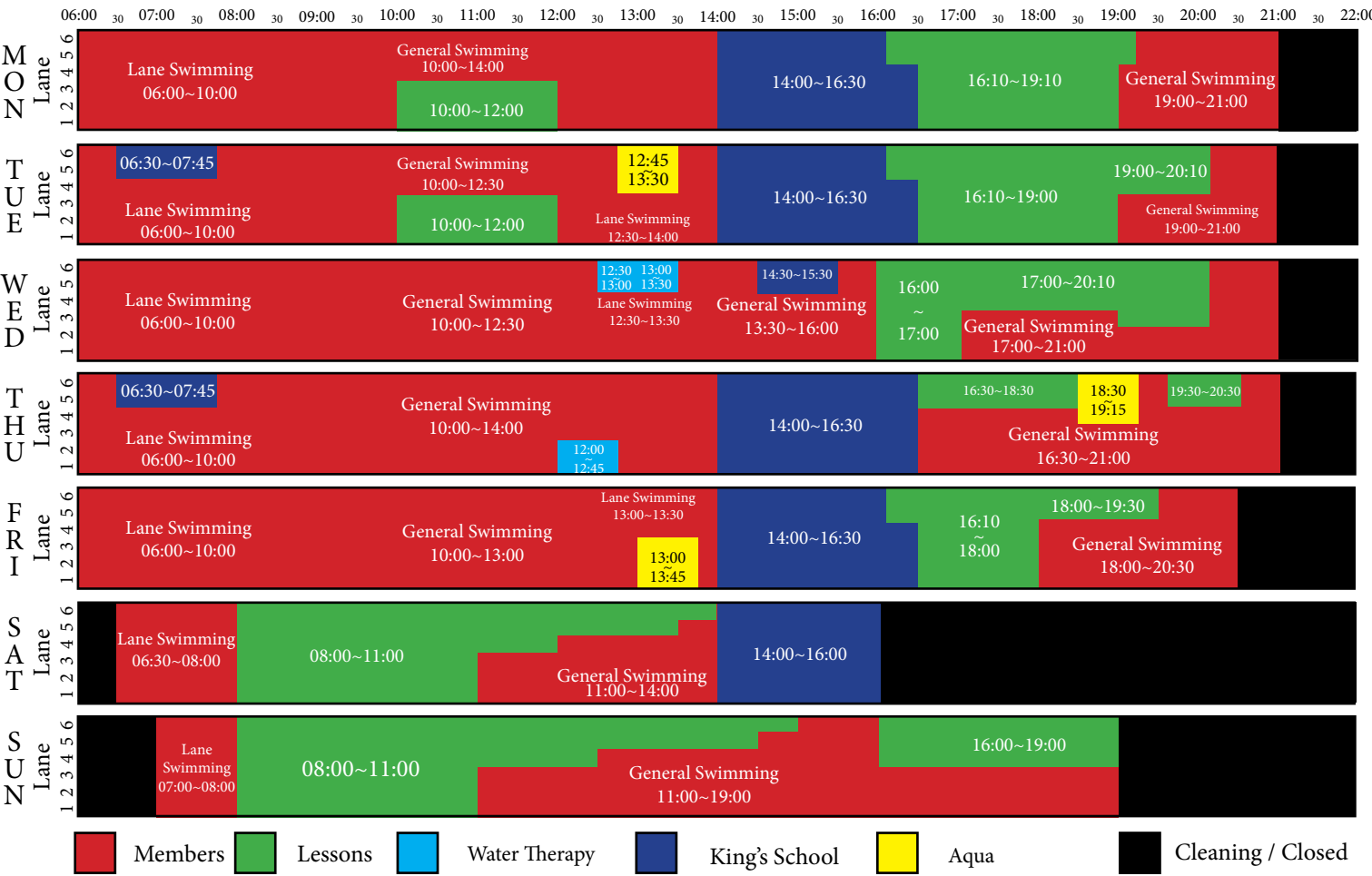
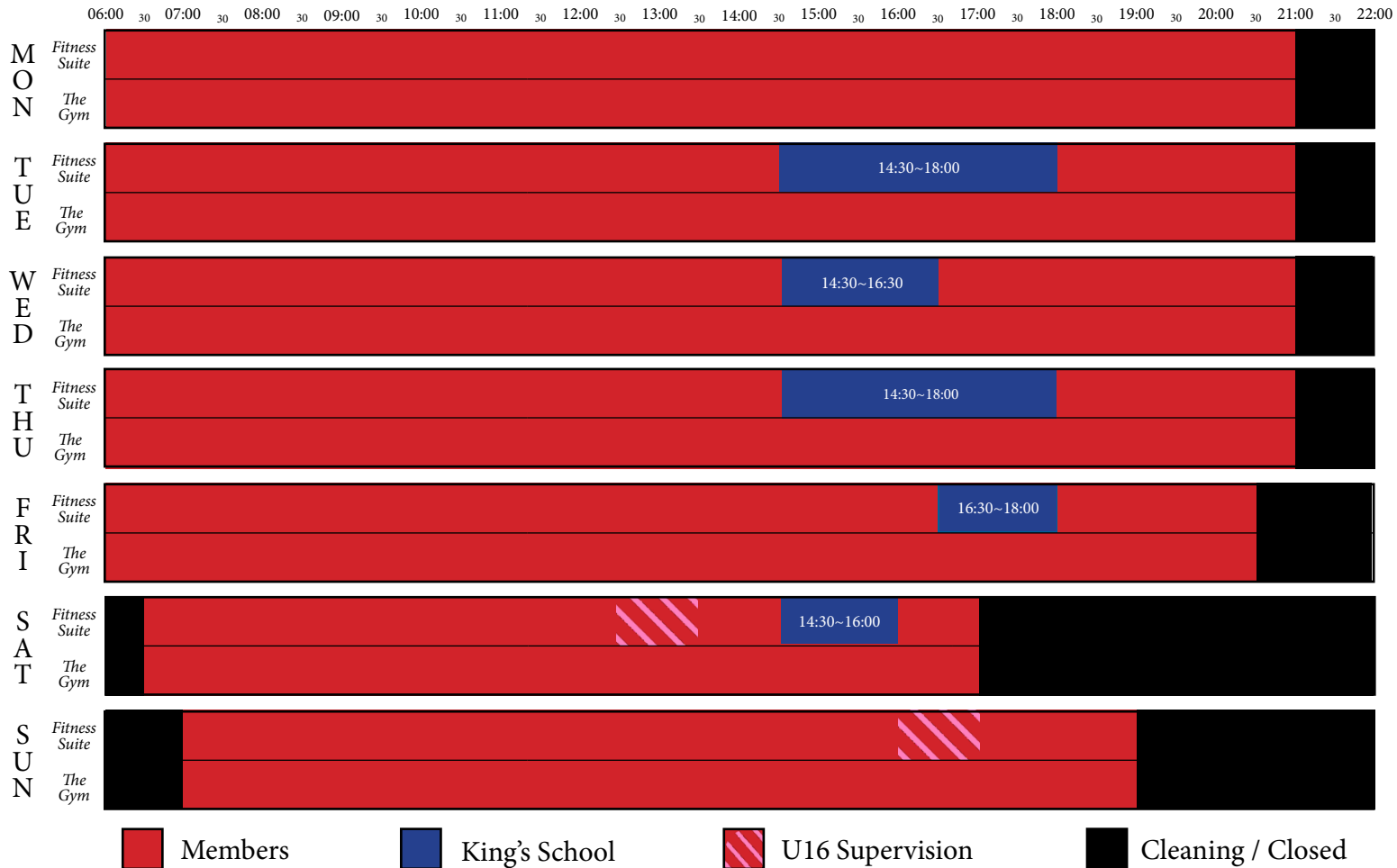


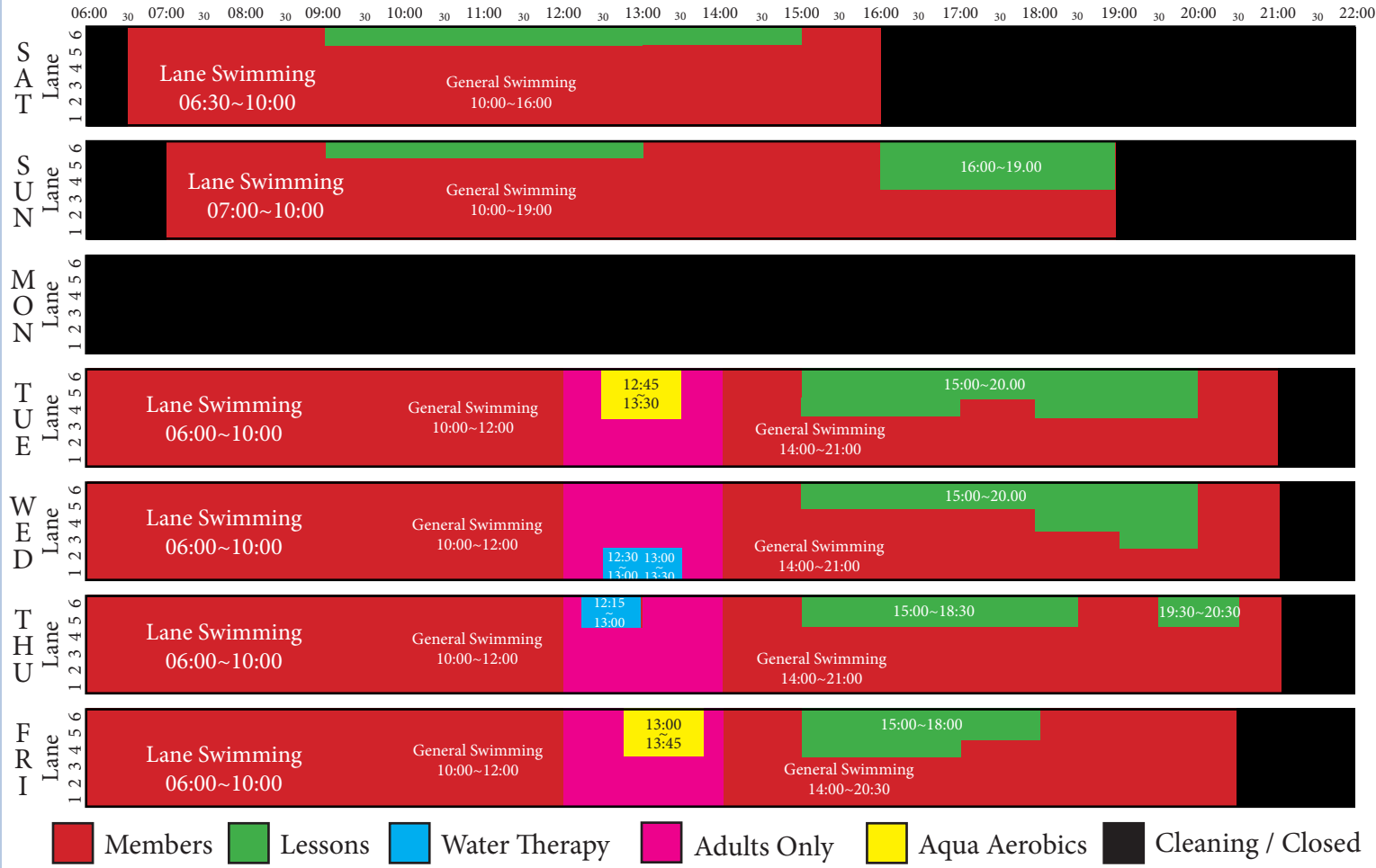
SWIMMING POOL OPENING TIMES | Saturday 20th April - Friday 24th May 2024 (Excluding 06/05/24)



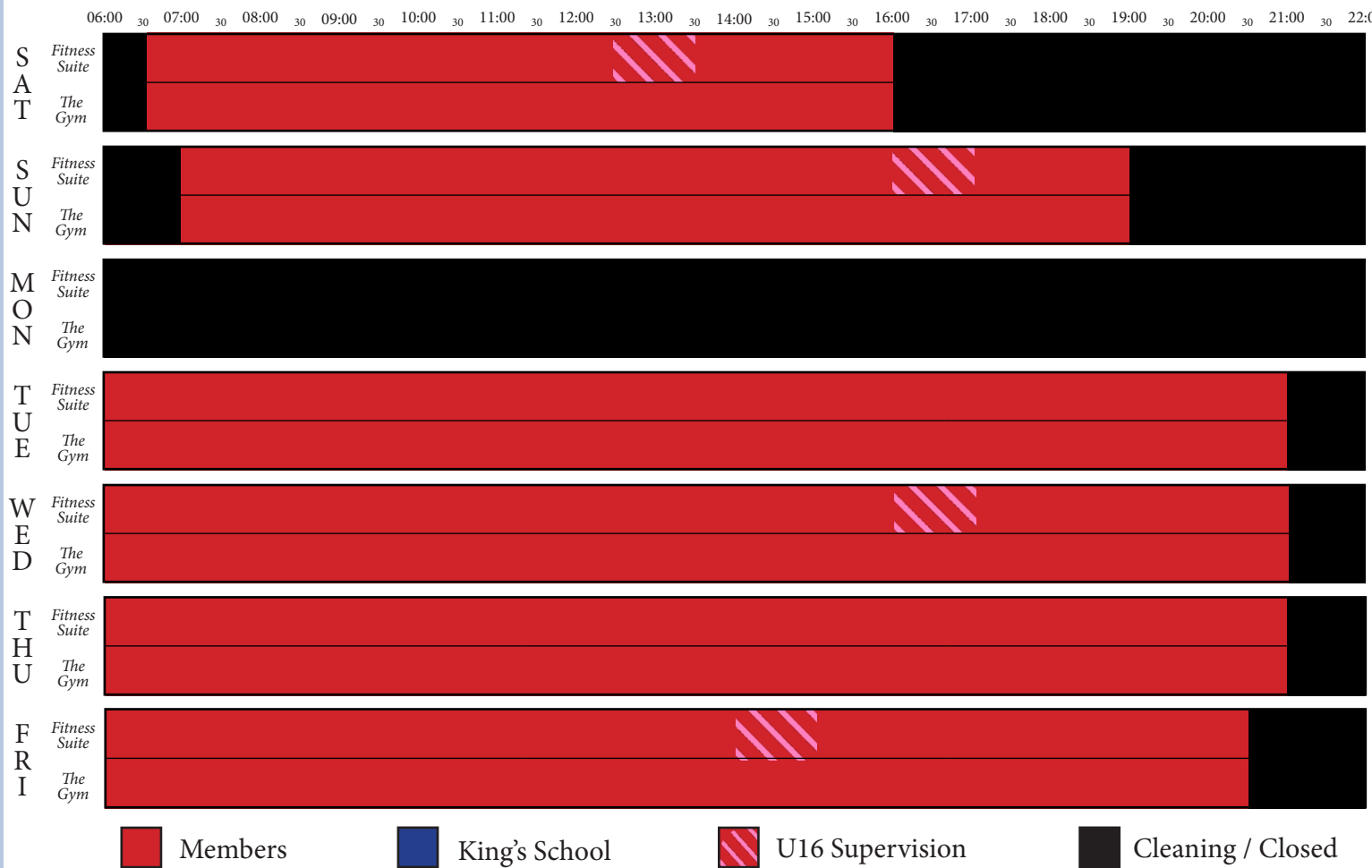
# FITNESS AREA OPENING TIMES | Saturday 20th April - Friday 24th May 2024 (Excluding 06/05/24)



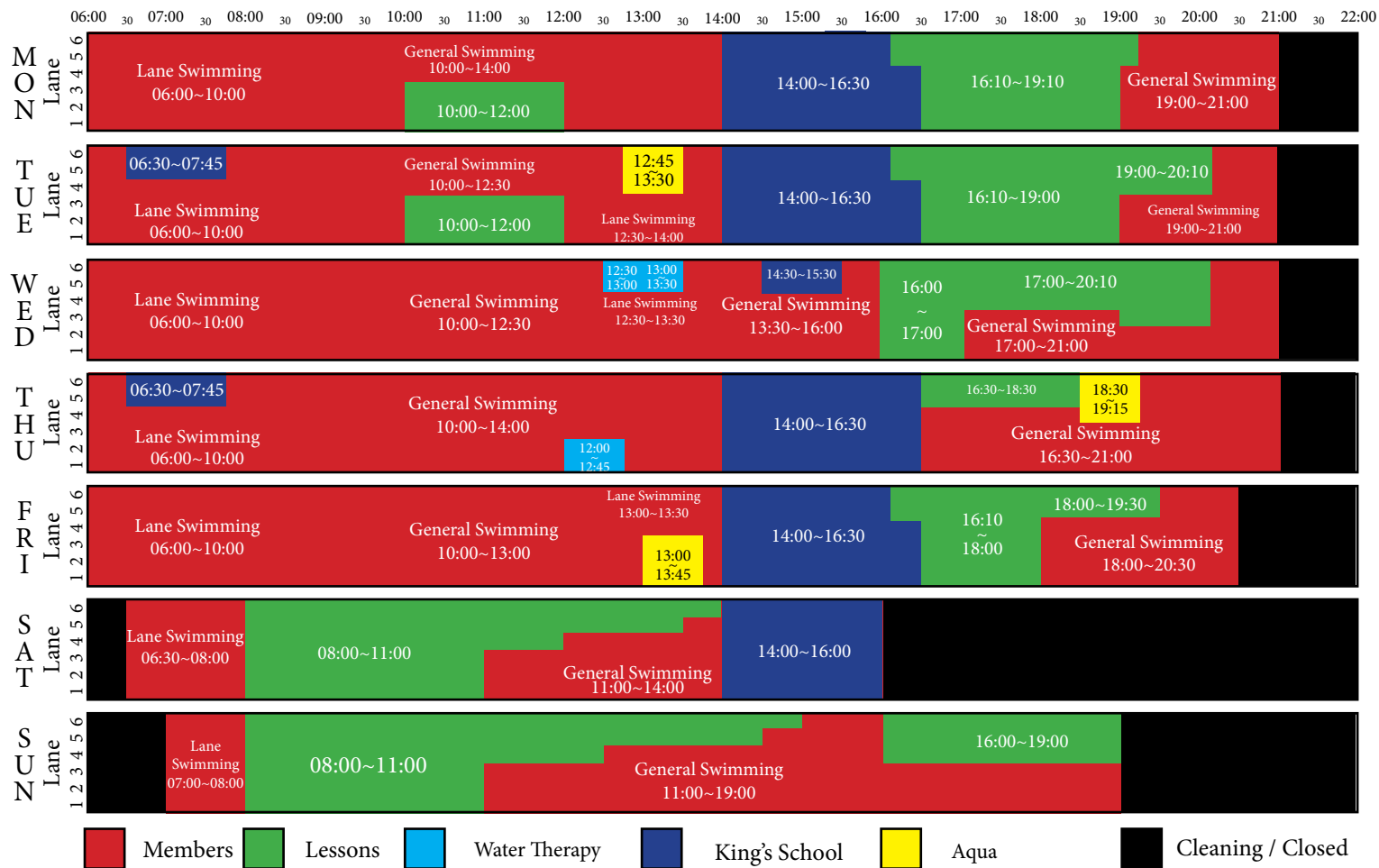
SWIMMING POOL OPENING TIMES | Saturday 25th May - Sunday 2nd June 2024



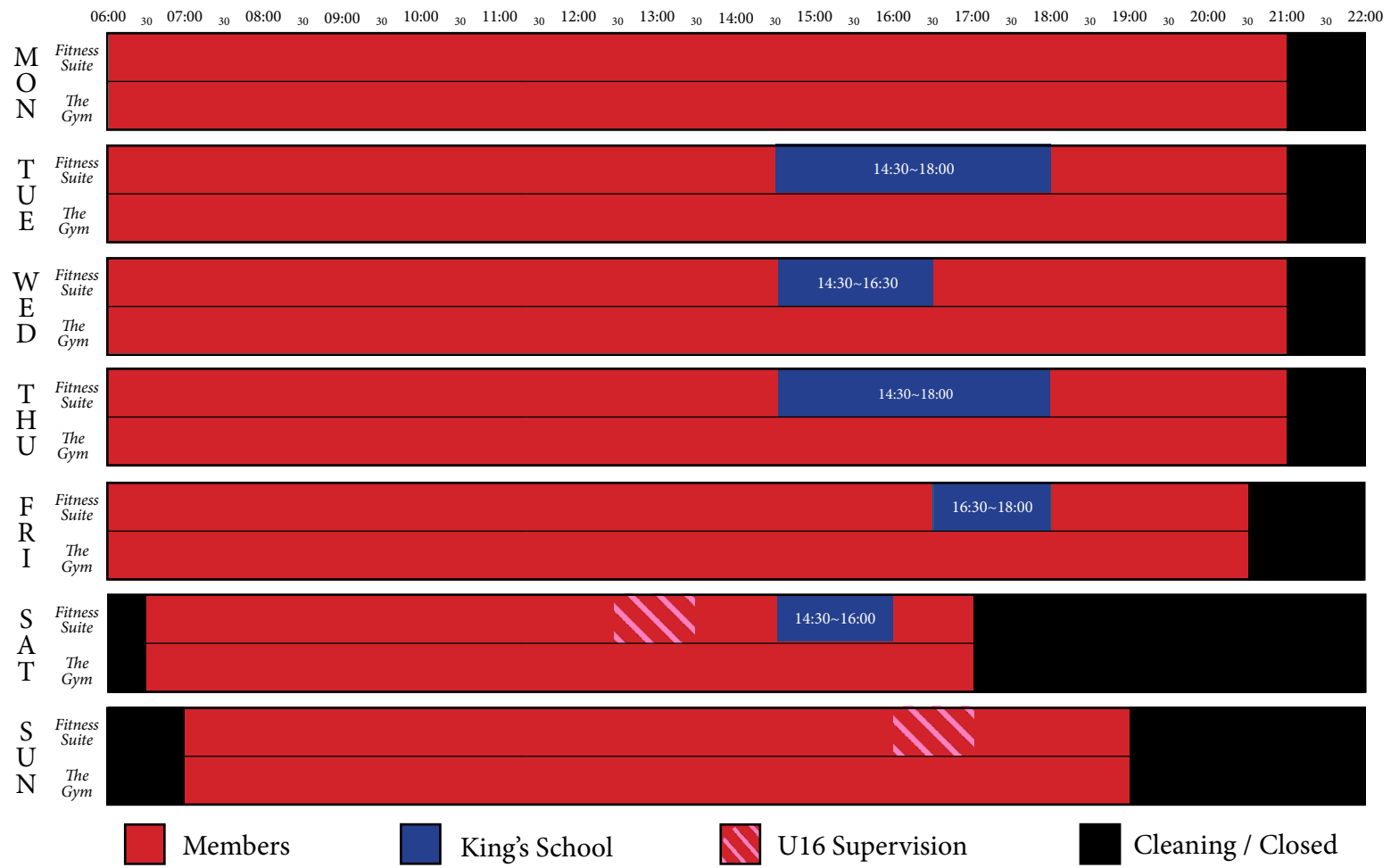
FITNESS AREA OPENING TIMES | Saturday 25th May - Sunday 2nd June 2024



# SWIMMING POOL OPENING TIMES | Monday 3rd June - Friday 5th July 2024



FITNESS AREA OPENING TIMES | Monday 3rd June - Friday 5th July 2024



# Fitness Class Timetable

## Monday

09:00-10:00 50+ Aerotone  
10:00-11:00 Functional Fitness  
10:10-11:10 50+ Aerotone  
11:30-12:30 Assisted Exercise Class  
13:00-14:00 AFL Gentle Circuits  
  
18:30-19:15 Ab, Core & More  
18:30-19:30 Body Blast  
19:30-20:30 Studio Cycling (Classic)

## Tuesday

10:00-11:00 Total Body Conditioning  
10:15-11:15 50+ Functional  
11:30-12:30 Mat Pilates  
12:45-13:30 Shallow Aqua  
13:00-13:45 Seated Yoga  
  
18:15-19:15 Functional Fitness  
19:30-20:00 Stretch  
19:30-20:30 Functional Fitness

## Wednesday

07:15-08:15 Yoga  
10:00-11:00 Functional Fitness  
10:00-11:00 A-B-C  
11:00-12:00 X-Fit  
11:30-12:30 Mat Pilates  
12:00-12:30 Stretch  
12:30-13:00 Water Therapy (Introduction)  
12:45-13:45 Mat Pilates  
13:00-13:30 Water Therapy (Shallow)  
  
18:30-19:30 X-Fit  
18:30-19:30 Studio Cycling (Coach by Colour)  
19:30-20:30 Calisthenics

## Thursday

09:30-10:30 Yoga  
10:00-11:00 50+ Circuits  
11:00-12:00 Yoga  
12:15-13:00 Water Therapy (Shallow)  
13:00-14:00 AFL Gentle Circuits  
  
18:15-19:15 Studio Cycling (Classic)  
18:30-19:15 Deep Aqua  
18:30-19:30 Junior S&C  
19:30-20:30 Strength & Stretch

## Friday

07:15-08:15 Yoga  
10:00-11:00 Total Body Conditioning  
11:00-11:45 Body to the Beat  
11:00-12:00 Functional Fitness  
11:00-12:00 Racket Fit  
12:30-13:15 Assisted Exercise Class  
13:00-13:45 Shallow Aqua

## Saturday

10:00-11:00 Functional Fitness  
11:00-12:00 Strength & Stretch  
12:00-13:00 Calisthenics

## Sunday

09:30-10:30 Studio Cycling (Classic)  
11:30-12:30 Total Body Conditioning  
16:45-17:45 Yoga

50+ Classes  
Body & Mind  
Exercise Referral  
Intense Fitness  
Shape & Core  
Strength & Conditioning