

# GROUP EXERCISE CLASSES

## TIMETABLE

01 MAY 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATICS	5.30am	<b>Swimfit</b> 90min (Helen)		<b>Swimfit</b> 90min (Peter)		<b>Swimfit</b> 90min (Peter)		
	8.00am		<b>Aqua Aerobics</b> Healthy Sunshine Coast 60min (Glen)			<b>Aqua Aerobics</b> Healthy Sunshine Coast 60min (Maria)	<b>Aqua Aerobics</b> Rotating Styles 60min (Megs/Maria)	
	8.45am	<b>Swimfit</b> 75min (Helen)			<b>Swimfit</b> 75min (Helen)			
	10:00am	<b>Aqua Aerobics</b> Brain Body Wellness 60min (Glen)						
	1:00pm					<b>Aqua Aerobics</b> Brain Body Wellness 60min (Glen)		
	6:00pm		<b>Aqua Aerobics</b> Rotating Styles 60min (Megs/Celine)		<b>Aqua Aerobics</b> HIIT 60min (Megs)			

- 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.

