

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:30 PM			Be Healthy & Active Aqua				



Please note scheduled classes are subject to change.
To ensure class times are correct please contact us on **1300 332 583**

CLASS DESCRIPTIONS

We offer a variety of classes at our City centres. Take a look at our selection!

Be Healthy & Active Aqua

The calorie burning benefits of group exercise with the therapeutic properties of water, using minimum impact movements, you'll develop strength and fitness in a fun environment.