

MARC Fit for Swim Plus Timetable

Are you a Fit for Swim Plus member?

Take advantage of these low impact indoor fitness classes.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6.30am		3 COR30		3 COR30			
7.00am			7 ZEN CHAIR YOGA				
7.45am							
8.00am	1 BOOMERS		1 BOOMERS		1 BOOMERS		
8.15am	5 AQUA	5 AQUA 9 SENIOR CIRCUIT 45	5 AQUA	5 AQUA MAX 8 SENIOR CIRCUIT 45	5 AQUA ZUMBA	5 AQUA	
8.45am	2 SPIN 30						
9.15am	5 AQUA	5 AQUA MAX	5 AQUA	5 AQUA ZUMBA	5 AQUA ZUMBA		
10.00am						7 YOGA ROLL OUT	
10.25am	1 LES MILLS BODY BALANCE		1 LES MILLS BODY BALANCE		7 ZEN YOGA		
11.30am	1 TAI CHI FLOW	1 HEART FIT	1 TAI CHI FLOW	1 HEART FIT			
5.00pm				2 YOGA ROLL OUT			
5.30pm			2 SPIN 30				
6.00pm	5 AQUA	3 SWOT BOX	5 AQUA ZUMBA				

Class Locations

- 1. Studio 1
- 2. Studio 2
- 3. Outdoor Gym
- 4. Gym
- 5. Pools
- 6. Yoga Studio
- 7. Swim Club Rooms
- 8. Stadium Court 1
- 9. Show Court 1