

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	6 AQUA	5 AQUA 9 SENIOR CIRCUIT 45	6 AQUA	5 AQUA ZUMBA 10 SENIOR CIRCUIT 45	6 AQUA	6 AQUA	
8.45am	2 SPIN 30						
9.15am	6 AQUA	5 AQUA MAX	6 AQUA	5 AQUA MAX	6 AQUA ZUMBA		
10.00am						7 YOGA ROLL OUT	
10.25am	1 LES MILLS BODY BALANCE		1 LES MILS 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	6 AQUA		6 AQUA				

Class Locations

1. Studio 1

2. Studio 2
3. Outdoor Gym

4. Gym
5. Outdoor Pool

6. Indoor pool
7. Swim Club Rooms

8. Yoga Studio
9. Show Court 1

10. Stadium Court 1