


Fit for Swim Plus

Are you a Fit for Swim plus member? Take advantage of these low impact indoor fitness classes this winter.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6.30am		 COR30		 COR30			
7.15am	5  AQUA LITE	5  AQUA FIT	5  AQUA LITE	5  AQUA MAX	5  AQUA LITE		
8:00am	1  BOOMERS		1  BOOMERS		1  BOOMERS		
8:15am	5  AQUA LITE	5  AQUA MAX 9  MOVEABILITY CIRCUIT	5  AQUA LITE	5  AQUA FIT 8  MOVEABILITY CIRCUIT	5  AQUA LITE	5  AQUA FIT	
8.45am	2 <i>LesMills RPM</i> _{30'}						
9.00am							
9:15am	5  AQUA FIT		5  AQUA FIT				
10.00am						7  YOGA ROLL OUT	
10.25am	1 <i>LesMills BODYBALANCE</i>		1 <i>LesMills BODYBALANCE</i>		7  ZEN FLOW		
11.30am		1  HEART FIT	1  CHI FLOW TAI CHI	1  HEART FIT			
1.00pm		1  TAI CHI FOR ARTHRITIS					
5.00pm			2  ABT				
5.30pm		2  SPIN					
6.00pm		 BOXORCISE (BYO GLOVES)					
6.15pm	5  AQUA FIT		5  AQUA FIT				

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

