

# Victoria Park Pool

## Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am	<b>HIIT</b> (45 mins)	<b>SwimFit</b> (60 mins)	<b>HIIT</b> (45 mins)	<b>Body Combat</b> (45 mins)	<b>HIIT</b> (45 mins)		
8.00am						<b>Spin</b> (45 mins)	
9.00am	<b>Yoga</b> (60 mins)	<b>Pilates</b> (60 mins)	<b>Dance Fit</b> (60 mins)	<b>Pilates</b> (60 mins)	<b>Dance Fit</b> (60 mins)	<b>Body Pump</b> (55 mins)	<b>Body Pump</b> (55 mins)
10.00am						<b>Body Combat</b> (55 mins)	<b>Yoga</b> (60 mins)
10.15am	<b>Shallow Aqua</b> (45 mins)	<b>Shallow Aqua</b> (45 mins)	<b>Shallow Aqua</b> (45 mins)	<b>Shallow Aqua</b> (45 mins)	<b>Shallow Aqua</b> (45 mins)	<b>Shallow Aqua</b> (45 mins)	
11.00am						<b>Yoga</b> (60 mins)	
12.15pm	<b>Body Pump</b> (45 mins)	<b>Yoga</b> (45 mins)	<b>Body Pump</b> (45 mins)	<b>Yoga</b> (45 mins)	<b>Yoga</b> (45 mins)		
5.25pm	<b>Yoga</b> (45 mins)	<b>Spin</b> (45 mins)	<b>Yoga</b> (45 mins)	<b>Body Pump</b> (55 mins)	<b>Yoga</b> (60 mins)		
6.10pm	<b>Zumba</b> (45 mins)	<b>Body Pump</b> (45 mins)	<b>Body Combat</b> (45 mins)				

## Aqua

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am		<b>SwimFit</b> (60 mins)					
10.15am	<b>Shallow Aqua</b> (45 mins)	<b>Shallow Aqua</b> (45 mins)	<b>Shallow Aqua</b> (45 mins)	<b>Shallow Aqua</b> (45 mins)	<b>Shallow Aqua</b> (45 mins)	<b>Shallow Aqua</b> (45 mins)	

All classes are correct at time of print. From time to time and due to unforeseen circumstances we may need to change the timetable at the last minute.