

# Victoria Park Pool

## Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am	HIIT (45 mins)		HIIT (45 mins)	Body Combat (45 mins)	HIIT (45 mins)		
8.00am						Spin (45 mins)	
9.00am	Yoga (60 mins)	Pilates (60 mins)	Dance Fit (60 mins)	Pilates (60 mins)	Dance Fit (60 mins)	Body Pump (55 mins)	Body Pump (55 mins)
10.00am						Body Combat (55 mins)	Yoga (60 mins)
11.00am						Yoga (60 mins)	
12.15pm	Body Pump (45 mins)	Yoga (45 mins)	Body Pump (45 mins)	Yoga (45 mins)	Yoga (45 mins)		
5.25pm	Yoga (45 mins)	Spin (45 mins)	Yoga (45 mins)	Body Pump (55 mins)	Yoga (60 mins)		
6.20pm	Zumba (45 mins)	Body Pump (45 mins)	Body Combat (45 mins)				

## Aqua

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am		SwimFit (60 mins)					
10.15am	Shallow Aqua (45 mins)	Shallow Aqua (45 mins)	Shallow Aqua (45 mins)	Shallow Aqua (45 mins)	Shallow Aqua (45 mins)	Shallow Aqua (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.