

Victoria Park Pool

Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am	HIIT (45 mins)		HIIT (45 mins)	BODYCOMBAT (45 mins)	HIIT (45 mins)		
8.00am			BODYPUMP (45 mins)			Spin (45 mins)	
9.00am	Yoga Hatha* (60 mins)	Pilates (60 mins)	Dance Fit (45 mins)	Pilates (60 mins)	Pilates (60 mins)	BODYPUMP (45 mins)	BODYPUMP (45 mins)
10.00am						BODYCOMBAT (45 mins)	Yoga Vinyasa* (60 mins)
11.00am						Yoga Vinyasa* (60 mins)	
11.15am				Yoga Vinyasa* (45 mins)	Yoga Hatha Beginner (45 mins)		
12.15pm	BODYPUMP (45 mins)	Yoga Vinyasa* (45 mins)					
5.25pm	Yoga Vinyasa Breath Focus (45 mins)	Spin (45 mins)	Yoga Hatha* (45 mins)	BODYPUMP (55 mins)	Yoga Vinyasa* (60 mins)		
6.20pm	Zumba (45 mins)	BODYPUMP (45 mins)	HIIT (45 mins)				

*Class is suitable for all skill levels

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.