

	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday							
	Recreation 1	Lane 2	Lane 3	Lane 4	Recreation 1	Lane 2	Lane 3	Lane 4	Recreation 1	Lane 2	Lane 3	Lane 4	Recreation 1	Lane 2	Lane 3	Lane 4	Recreation 1	Lane 2	Lane 3	Lane 4	Recreation 1	Lane 2	Lane 3	Lane 4	Recreation 1	Lane 2	Lane 3	Lane 4				
6:00 am																																
7:30 am									Half Lane OT			SS																				
8:00 am								SS	Half Lane OT			SS	Pool Closed								SS											
8:30 am								SS	Half Lane OT			SS	Pool Closed								SS											
9:00 am						SS				SS			Pool Closed					AQUA FIT							SS							
9:30 am						SS				SS			Pool Closed					AQUA FIT							SS							
10:00 am	AQUA FIT					SS				SS			AQUA FIT												SS							
10:30 am	AQUA FIT					SS				SS			AQUA FIT												SS							
11:00 am	AQUA FIT					SS				SS			AQUA FIT												SS							
11:30 am	AQUA FIT					SS				SS			AQUA FIT								SS (Finishes at 12pm)											
12:00 pm						SS				SS																						
1:00 pm																																
1:30 pm																																
2:00 pm						AQUA FIT																										
2:30 pm						AQUA FIT														SS												
3:00 pm				SS								SS				SS				SS												
3:30 pm			SS				SS					SS				SS				SS												
4:00 pm			SS				SS					SS				SS				SS												
4:30 pm			SS				SS					SS				SS				SS												
5:00 pm			SS				SS					SS				SS				SS												
5:30 pm			SS				SS					SS				SS				SS												
6:00 pm			SS				SS					SS				SS				SS												
6:30 pm			SS					SS				SS				SS				SS												
7:00 pm			SS					SS				SS				SS				SS												
7:30 pm																																

Key: SS- Swim School

March 2025

GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 am	SWEAT HIIT Toto (R) 45min	STRENGTH Toto (G) 45min	HIIT BOXING Toto (R) 45min	STRENGTH Cat (G) 45min			
7.00 am	YOGA VINYASA Jo (R) 1h	YOGA VINYASA Jo (R) 1h		YOGA VINYASA Jo (R) 1h	HIIT BOXING Toto (R) 45min	STRENGTH Toto (G) 45min	
8.00am	STRENGTH (LOW IMPACT) Toto (G) 45min	STRENGTH (LOW IMPACT) Toto (G) 45min	STRENGTH (LOW IMPACT) Toto (G) 45min ----- PILATES Cat (R) 45min	STRENGTH (LOW IMPACT) Toto (G) 45min	STRENGTH (LOW IMPACT) Alistair (G) 45min ----- YOGA Gentle Flow Mel (R) 1h		
8:15 am						STRENGTH Toto (G) 45min	
8.30 am	YOGA VINYASA Jo (R) 1h	YIN YOGA Jo (R) 1h					
9:15 am		STRENGTH Toto (G) 45min	STRENGTH Cat (G) 45min	STRENGTH Cat (G) 45min	YOGA VINYASA Jo (R) 1h ----- STRENGTH Alistair(G) 45min	STRENGTH Toto (G) 45min	
10:15 am			YOGA VINYASA Slow flow Ben (R) 1h	PILATES Cat (R) 45min			
11.00 am		PILATES Cat (R) 45min					
12.00 pm	YOGA VINYASA Jo (R) 1h	YIN YOGA Jo (R) 1h	YOGA VINYASA Ben (R) 1h	YOGA VINYASA Jo (R) 1h			
4.00pm					PILATES Olivia (R)		
5.00pm	SWEAT HIIT Cat (R) 45min	STRENGTH Cat (G) 45min	STRENGTH Toto (G) 45min	STRENGTH Toto (G) 45min			
5.30 pm		YOGA Slow flow Kate (R) 1h			YIN YOGA Jo (R) 1h		
6:00 pm	SWEAT HIIT Cat (R) 45min	STRENGTH Cat (G) 45min	STRENGTH Toto (G) 45min	STRENGTH Toto (G) 45min			
6.45pm			YIN YOGA Julie (R) 1h	YIN YOGA Jo (R) 1h			
7:00 pm	YOGA VINYASA Jo (R) 1h						
KEY	(R) Rotunda	(G) Gym					
9am					AQUA FIT Jenene		
10am	AQUA FIT Lou			AQUA FIT Jenene			
11am	AQUA FIT Lou			AQUA FIT Jenene			
2pm		AQUA FIT Anthea					