| | Ashfield Aquatic Centre |
|----------|---------------------------------|
| PUBLIC | THURSDAY |
| HOLIDAY | monobal |
| | 22 nd September 2022 |
| | |
| 6.15 am | BODY PUMP studio 1 |
| 7.00 am | SHALLOW WATER AQUA |
| | Indoor pool |
| 7.15 am | PILATES studio 1 |
| 0.00 am | SHALLOW WATER AQUA |
| 8.00 am | Indoor pool |
| 8.15 am | ZUMBA |
| | studio 1 |
| 9.15 am | STRONG CORE |
| | 30min – studio 3 |
| 10.15 am | DEEP WATER AQUA |
| | Outdoor pool |
| 10.15 am | BODY BALANCE |
| | studio 1 |
| 11.30 am | ACTIVE SENIORS |
| | studio 1 |
| 4.30 pm | FITBALL |
| 4.50 pm | 30min – studio 3 |
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