



## Ashfield Aquatic Centre Monday 2 October

### Public Holiday Timetable

6:15am	Body Balance
7am	Shallow Water Aqua
7:15am	HCT
8am	Shallow Water Aqua
9:15am	Fit30 HIIT
9:15am	Dance
10am	Fit30 Core
10:15am	Deep Aqua
10:15am	Hatha Yoga
11:30am	Strong Seniors
12:30pm	Cardio Boxing
4:30pm	Fit30 Stretch & Mobility
5:30pm	Vinyasa Yoga