

INNER WEST

PUBLIC HOLIDAY	Ashfield Aquatic Centre MONDAY 3rd OCTOBER 2022
7.00 am	SHALLOW WATER AQUA Indoor pool
7.15 am	BODY PUMP studio 1
8.00 am	SHALLOW WATER AQUA Indoor pool
8.15 am	PILATES studio 1
9.15 am	ZUMBA studio 1
9.15 am	OUTRACE 30min – studio 3
10.15 am	DEEP WATER AQUA Outdoor pool
10.15 am	HATHA YOGA studio 1
11.30 am	ACTIVE SENIORS studio 1
4.30 pm	BACK 2 BASICS 30min – studio 3

This timetable is valid Monday, 3 October 2022 and is subject to change.

High Intensity



Aqua



Mind Body



Mini Sessions



Seniors

