

AAC Group Fitness Timetable Monday 14th - Sunday 20th April 2025

	MONDAY 14th	TUESDAY 15th	WEDNESDAY 16th	THURSDAY 17 th	GOOD FRIDAY 18 th	EASTER SATURDAY 19TH	EASTER SUNDAY 20TH
6:15AM	BODY BALANCE	BODY PUMP	HCT	BODY PUMP	PUBLIC HOLIDAY	PUBLIC HOLIDAY	PUBLIC HOLIDAY
7.00AM	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA	CENTRE CLOSED	SHALLOW AQUA	
7.15AM	HCT	POWER PILATES	BOXING	PILATES		POWER PILATES	
8.00AM	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA			YOGA
8.15AM	PILATES	BOXING	TAI CHI	YOGA		BODY PUMP	
8.30AM	FIT30 HIIT	FIT30 STRETCH & MOBILITY	FIT30 BOOTCAMP	FIT30 CORE		FIT30 STRETCH & MOBILITY	FIT30 CORE
9.15AM	BELLY DANCE	ZUMBA	BODY PUMP	BOXING		TAI CHI	BODY PUMP
	DEEP AQUA		DEEP AQUA			ZUMBA	DEEP AQUA
10.00AM	FIT30 CORE	FIT30 BOOTCAMP	FIT30 CORE	FIT30 HIIT		FIT30 BOXING	FIT30 STRETCH & MOBILITY
10.15AM	DEEP AQUA	DEEP AQUA	DEEP AQUA	DEEP AQUA		PILATES	BODY BALANCE
	HATHA YOGA	VINYASA YOGA	POWER YOGA	DANCE			
11.30AM	STRONG SENIORS	ACTIVE SENIORS	STRONG SENIORS	ACTIVE SENIORS		BODY COMBAT	
12.00PM		FIT30 SENIORS					
12.30PM	BOXING	SENIORS AQUA	DANCE	HCT			
		KETTLEBELLS					
1.30PM			ACTIVE SENIORS				
4.00PM						FIT30 CORE	FIT30HIIT
4.30PM	FIT30 STRETCH & MOBILITY		FIT30 HIIT			CLOSE 7PM	VINYASA YOGA
5.30PM	VINYASA YOGA	PILATES	BOXING	FUSION YOGA			CLOSE 7PM
6.00PM	FIT30 CORE	FIT30 HIIT	FIT30 CORE	FIT30 HIIT			
6.30PM	BODY PUMP	BODY COMBAT	BODY PUMP	ZUMBA			
7.15PM	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA			
7.30PM	ZUMBA	BODY PUMP	BODY BALANCE	BODY COMBAT			

Class bookings are open 5 days and 1 hour before the class start time and cancellations can be made until one hour before the class start time

High Intensity Classes



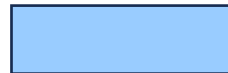
Dance Based Classes



Mind Body Classes



Aqua Based Classes



FIT30 30min Classes



Seniors Classes

