

AAC Group Fitness Timetable Monday 21st April- Sunday 27th April 2025

	EASTER MONDAY 21 st	TUESDAY 22 nd	WEDNESDAY 23 rd	THURSDAY 24 th	ANZAC DAY FRIDAY 25 th	SATURDAY 26 th	SUNDAY 27 th
6:15AM	PUBLIC HOLIDAY	BODY PUMP	HCT	BODY PUMP	PUBLIC HOLIDAY	HCT	
7.00AM	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA	BODY COMBAT
7.15AM	HCT	POWER PILATES	BOXING	PILATES	BODY COMBAT	POWER PILATES	
8.00AM	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA		YOGA
8.15AM	PILATES	BOXING	TAI CHI	BODY BALANCE	KETTLEBELLS	BODY PUMP	
8.30AM	FIT30 HIIT	FIT30 STRETCH & MOBILITY	FIT30 BOOTCAMP	FIT30 CORE	FIT30 HIIT	FIT30 STRETCH & MOBILITY	FIT30 CORE
9.15AM	BELLY DANCE	ZUMBA	BODY PUMP	BOXING	PILATES	TAI CHI	BODY PUMP
	DEEP AQUA		DEEP AQUA		DEEP AQUA	ZUMBA	DEEP AQUA
10.00AM	FIT30 CORE	FIT30 HIIT	FIT30 CORE	FIT30 HIIT	FIT30 STRETCH & MOBILITY	FIT30 BOXING	FIT30 STRETCH & MOBILITY
10.15AM	DEEP AQUA	DEEP AQUA	DEEP AQUA	DEEP AQUA	DEEP AQUA	PILATES	BODY BALANCE
	HATHA YOGA	VINYASA YOGA	POWER YOGA	DANCE	BODY PUMP		
11.30AM	STRONG SENIORS	ACTIVE SENIORS	STRONG SENIORS	ACTIVE SENIORS	STRONG SENIORS	BODY COMBAT	
12.00PM		FIT30 SENIORS					
12.30PM	BOXING	SENIORS & GENTLE AQUA	DANCE	HCT	SENIORS & GENTLE AQUA		
		KETTLEBELLS			HATHA YOGA		
1.30PM		FIT30 SENIORS	ACTIVE SENIORS				
4.00PM						FIT30 CORE	FIT30HIIT
4.30PM	FIT30 STRETCH & MOBILITY		FIT30 HIIT		FIT30 CORE		VINYASA YOGA
5.30PM	VINYASA YOGA	PILATES	BOXING	FUSION YOGA	BELLY DANCE		
6.00PM	CLOSE 7PM	FIT30 HIIT	FIT30 CORE	FIT30 HIIT	FIT30 HIIT		
6.30PM		BODY COMBAT	BODY PUMP	ZUMBA	CLOSE 7PM		
7.15PM		SHALLOW AQUA	SHALLOW AQUA				
7.30PM		BODY PUMP	BODY BALANCE				

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



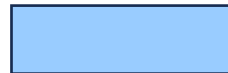
Dance Based



Mind Body



Aqua Based



FIT30 30min Classes



Seniors

