

## AAC Group Fitness Timetable 27 January 2025

### PUBLIC HOLIDAY

MONDAY 27	
7.00AM	SHALLOW AQUA
7.15AM	HCT
8.00AM	SHALLOW AQUA
8.15AM	PILATES
8.30AM	FIT30 HIIT
9.15AM	BELLY DANCE
	DEEP AQUA
10.00AM	FIT30 CORE
10.15AM	DEEP AQUA
	HATHA YOGA
11.30AM	STRONG SENIORS
12.30PM	BOXING
1.30PM	FIT30 SENIORS
4.30PM	FIT30 STRETCH & MOBILITY
5.30PM	VINYASA YOGA
6.30PM	BODY PUMP

This timetable is valid Monday 27 January 2025 and is subject to change

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

All participants must arrive no later than 5 minutes after class commencement

Please refer to our website for all timetable changes [www.innerwest.nsw.gov.au/aac/fitnesstimetable](http://www.innerwest.nsw.gov.au/aac/fitnesstimetable)