



AAC Labour Day Public Holiday Monday 7 October 2024

TIME	CLASS
7:00 am	Shallow Aqua
7:15 am	HCT
8:00 am	Shallow Aqua
8:15 am	Pilates
8:30 am	Fit30 HIIT
9:15 am	Belly Dance
10:00 am	Fit30 Core
10:15 am	Deep Aqua
10.15 am	Hatha Yoga
11:30 am	Strong Seniors
12:30 pm	Boxing
1:30 pm	FIT30 Seniors
4:30 pm	Fit30 Stretch & Mobility
5:30 pm	Vinyasa Yoga
6:30 pm	Body Pump