

# AKAC Timetable 25 April 2023








<b>7:15 am</b>	<b>SHALLOW WATER AQUA</b>
<b>7:15 am</b>	<b>PILATES</b>
<b>7:30am</b>	<b>FIT 30 - HIT</b>
<b>8:30 am</b>	<b>STRETCH</b>
<b>9:30am</b>	<b>SHALLOW WATER AQUA</b>
<b>9:30am</b>	<b>FIT 30 – STRENGTH AND CORE</b>
<b>10.30 am</b>	<b>PILATES</b>
<b>11:30am</b>	<b>ACTIVE SENIORS</b>
<b>1:00pm</b>	<b>WARM WATER AQUA</b>
<b>4:30pm</b>	<b>FIT 30 – STRENGTH AND CORE</b>
<b>6:00PM</b>	<b>FIT 30 - HIT</b>

This timetable is valid Tuesday 25 APRIL 2023 and is subject to change

Class bookings are open 5 days and 1 hour prior to the class start time and cancellations can be made until one hour prior to 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/akac/fitnesstimetable](http://www.innerwest.nsw.gov.au/akac/fitnesstimetable)

	High Intensity		Mind Body		Aqua		Seniors		Mini Sessions
---	----------------	---	-----------	---	------	---	---------	---	---------------