

# AKAC Timetable 12 June Public Holiday





<b>7.15 AM</b>	<b>YOGA</b>
<b>7.30 AM</b>	<b>DEEP WATER AQUA</b>
<b>8.30 AM</b>	<b>SHALLOW WATER AQUA</b>
<b>8.30 AM</b>	<b>FIT30 – STRENGTH AND CORE</b>
<b>9.30 AM</b>	<b>PILATES</b>
<b>9.30 AM</b>	<b>SHALLOW WATER AQUA</b>
<b>10.00 AM</b>	<b>FIT30 – HIT</b>
<b>10.30 AM</b>	<b>STRETCH</b>
<b>11.30 AM</b>	<b>STRONG SENIORS</b>
<b>1.00 PM</b>	<b>FIT30 – STRENGTH AND CORE</b>
<b>4.30 PM</b>	<b>FIT30 – HIT</b>
<b>5.00 PM</b>	<b>POWER BAR</b>
<b>6.00 PM</b>	<b>FIT30 – STRETCH AND MOBILITY</b>

This timetable is valid MONDAY 12 JUNE 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
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