

AKAC Timetable 2 October








7.15 am	YOGA * Nathan
7.30 am	DEEP WATER AQUA * Anne
8.30 am	SHALLOW WATER AQUA * Anne
8.30 am	STRENGTH ON THE BALL * Michael
9.30 am	PILATES * Irene
9.30 am	SHALLOW WATER AQUA * Anne
10.00 am	FIT30-HIT * Leigh
10.30 am	STRETCH * Irene
11.30 am	STRONG SENIORS *Michael
5.00 pm	FIT30-HIT * Hugh

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This timetable is valid Monday 02 October 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

	High Intensity		Mind Body		Aqua		Seniors		Mini Sessions
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