

# AKAC Timetable - Public Holiday

Friday, January 26 2024

Gym Opening Hours - 7am to 7pm

7:15am	FIT30: HIIT
7:15am	Power Yoga
8:30am	Shallow Aqua
9:30am	Aqua Zumba
8:30am	Pilates
9:30am	Zumba
10:00am	FIT30: Strength & Core
10:30am	Stretch
11:30am	Strong Seniors
5:30pm	FIT30: HIIT
5:30pm	Boxing
6:15pm	FIT30: Strength & Core