

AKAC Timetable 03 October



7.00 am	DEEP WATER AQUA
7.15am	YOGA
8.30am	CORE ON THE BALL
8.30am	SHALLOW WATER AQUA
9.30 am	PILATES
10.30am	STRETCH
5.00pm	METABOLIC PUMP

This timetable is valid Monday 3 October 2022 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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