



Leichhardt Park Aquatic Centre

ANZAC Day Public Holiday

Health & Fitness Program

Gym is open 6am to 7pm

Thursday 25 April 2024		
Time	Class	Studio
7:00am	Cycle	FTZ
7:15am	Power Pilates	Bayside Studio
8:00am	Lite Pace Aqua	Olympic Pool
8:30am	Strong Seniors	FTZ/Bayside Studio
9:00am	Deep Water Aqua	Dive Pool
9:30am	Vinyasa Yoga	Bayside Studio
9:30am	Cycle	FTZ
10:00am	Deep Water Aqua	Dive Pool
10:30am	Pilates	Bayside Studio
12:00pm	Seniors Aqua	Program Pool
1:00pm	Senior Outdoor Aqua	Olympic Pool
5:30pm	Cycle	FTZ
5:30pm	Body Balance	Bayside Studio