



Monday	Tuesday	Wednesday	Thursday	Friday
<u>6:45 AM</u> Abs & Booty 30 minutes		<u>6:45 AM</u> Pumpd 30 minutes		<u>6:45 AM</u> STEP 30 minutes
<u>7:15 AM</u> Circuit 30 minutes		<u>7:15 AM</u> MetaFit 30 minutes		<u>7:15 AM</u> Box Fit 30 minutes
<u>8:00 AM</u> Staying Active 30 minutes		<u>8:00 AM</u> STEP 30 minutes		<u>8:00 AM</u> Staying Active 30 minutes
<u>8:30 AM</u> Body Balance 30 minutes		<u>8:30 AM</u> Aqua Aerobics (Deep) 30 minutes		<u>8:30 AM</u> Aqua Aerobics (Beginners) 30 minutes
<u>9:15 AM</u> Aqua Aerobics (Shallow/Deep) 30 minutes		<u>9:15 AM</u> Circuit 30 minutes		<u>9:15 AM</u> Body Balance 30 minutes
	<u>5:00 PM</u> Box Fit 30 minutes		<u>5:00 PM</u> STEP 30 minutes	
	<u>5:30 PM</u> MetaFit 30 minutes		<u>5:30 PM</u> Pumpd 30 minutes	
	<u>6:00 PM</u> Aqua Aerobics (Deep) 30 minutes		<u>6:00 PM</u> Circuit/ Abs & Booty 30 minutes	
	<u>6:30 PM</u> Pumpd 30 minutes		<u>6:30 PM</u> Aqua Aerobics (Shallow) 30 minutes	

### PLEASE NOTE

No classes will be conducted on the following dates:

- Friday 3rd May (Sophie's RDO)
- Friday 17th May (Sophie's RDO)
- Friday 31st May (Sophie's RDO)

This timetable is subject to change, the Oatlands Aquatic Centre endeavours to keep all changes to a minimum.