

MSAC AQUATIC GROUP FITNESS TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING CLASSES

6.15		AQUA EXERCISE			DEEP WATER RUNNING 60 mins		
7.15	AQUA HIT		DEEP WATER RUNNING				
8.00						AQUA EXERCISE	AQUA EXERCISE
8.15	AQUA EXERCISE	AQUA EXERCISE	AQUA EXERCISE	AQUA EXERCISE	AQUA EXERCISE		
9.00						DEEP WATER RUNNING 60 mins	AQUA EXERCISE
9.15	AQUA EXERCISE	AQUA HIT	AQUA EXERCISE	AQUA EXERCISE	AQUA EXERCISE		
10.45		DEEP WATER MUSCLE TONE 60 mins			DEEP WATER MUSCLE TONE 60 mins		

EVENING CLASSES

1.15					GENTLE MOVEMENT (WELLNESS ZONE)		
6.30	DEEP WATER RUNNING			AQUA YOGA			
7.00	LAP CLUB 60 mins			LAP CLUB 60 mins			
7.15	AQUA EXERCISE						

All classes run for 45 minutes unless otherwise stated. Please ensure you arrive 5 minutes before the class begins. Please obtain a ticket from customer service or the gym desk and hand it to your instructor, prior to the commencement of the class. Times and instructors are subject to change. Membership wristbands must be worn in all classes to identify you as an active member. No entry if wristbands are not worn. If you have any questions or feedback regarding group fitness, please email groupfitness@ssct.com.au