

# MSAC AQUA TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
7.00AM	AQUA EXERCISE	AQUA HIIT	AQUA EXERCISE	AQUA EXERCISE	AQUA HIIT		
7.15AM						AQUA EXERCISE	AQUA HIIT
8.00AM	AQUA HIIT	DWR	AQUA HIIT	DWR	AQUA EXERCISE		
8.15AM						AQUA HIIT	DWR
9.00AM	DWR	AQUA EXERCISE	DWR	AQUA HIIT	DWR		
7.15PM	AQUA EXERCISE	DWR					

Aqua Exercise and Aqua HIIT classes are conducted in the indoor 25m pool. Deep Water Running (DWR) classes are conducted in either the dive pool or the 50m pool. Please refer to the client portal for live updates.

**To book, please visit [melbournesportscentres.com.au](https://melbournesportscentres.com.au)**

Timetable subject to change without notice. Please visit our website for live and up to date session times.

For membership enquiries, please email or phone [members@melbournesportscentres.com.au](mailto:members@melbournesportscentres.com.au)