

MSAC AQUA GROUP FITNESS CHRISTMAS TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
7.00AM	AQUA EXERCISE	AQUA HIIT	AQUA EXERCISE	AQUA EXERCISE	AQUA HIIT		
7.10AM						DWR	
7.15AM							AQUA HIIT <small>No class boxing day</small>
8.00AM	AQUA HIIT	DWR	AQUA HIIT	DWR	AQUA EXERCISE		
8.05AM						AQUA EXERCISE	
9.00AM			DWR <small>29th Dec only</small>	AQUA HIIT <small>30th Dec only</small>			
10.15AM	AQUA EXERCISE <small>27th Dec & 3rd Jan only</small>	AQUA HIIT <small>28th Dec only</small>					
3.00PM							AQUA YOGA <small>No class boxing day</small>

Classes that fall outside of our Christmas opening hours will be cancelled.

Timetable subject to change. Please refer to our client portal for live and up to date session times.

For membership enquiries, please email members@melbournesportscentres.com.au