

GROUP EXERCISE CLASSES

45 minutes classes

	MONDAY			TUESDAY	WEDNESDAY			THURSDAY		FRIDAY		SATURDAY	
6:00am	Reformer Pilates with Gytha			Yoga with Karyn	HIIT class with Lou					Reformer Pilates with Kelsey	Yoga Balance with Karyn		
6:30am													
7:00am	Aqua with Cassie	Swim Fit (Adult Squad)	Reformer Pilates with Gytha	Aqua HIIT with Cassie	Swim Fit (Adult Squad)	Aqua Yoga with Cassie	Aqua with Cassie		Reformer Pilates with Kelsey	Swim Fit (Adult Squad)	Reformer Pilates with Loren		
7:30am													
8:00am					Deep Water Aqua with Audrey	Reformer Pilates with Sue					Reformer Pilates with Loren		
8:30am													
9:00am	Aqua with Audrey	Reformer Pilates with Loren		Aqua with Audrey	Aqua Pilates With Audrey	Reformer Pilates with Sue	Aqua with Audrey	Reformer Pilates with Brenda	Aqua Strength with Gabi	Reformer Pilates with Sue	Aqua	Reformer Pilates with Loren	
9:30am					Mums & Bubs Yoga with Karyn		Circuit Class with Gabi						
10am	Reformer Pilates with Loren							Reformer Pilates with Brenda				Aqua	
10:30am													
3:30pm													
4:00pm													
4:30pm				Deep Water Aqua with Audrey	Reformer Pilates with Loren		Deep Water Aqua with Audrey						
5:00pm				Reformer Pilates with Gytha									
5:30pm	Mat Pilates with Audrey				Reformer Pilates with Loren	Yoga with Karyn	Aqua Strengt h with Gabi	Yoga with Karyn		Reformer Pilates with Sue		 Bundaberg Aquatic Centre	
6:00pm				Reformer Pilates with Gytha									