



GROUP FITNESS TIMETABLE APRIL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM	GROUP ACTIVE®	GROUP POWER®	GYM CIRCUIT	GROUP ACTIVE®	GROUP POWER®
10:40AM	PILATES	ROLL & RELEASE		PILATES	

**ALL LAND BASED AND AQUA STRETCH CLASSES MUST BOOK IN!
LIMITED PLACES AVAILABLE!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30AM	AQUA FIT				AQUA STRETCH
9:30AM		AQUA STRETCH	AQUA FIT	AQUA STRETCH	AQUA FIT
10:40AM			AQUA STRETCH		
5:45PM			AQUA FIT		

**MORNING AQUA FIT CLASSES WILL BE HELD IN LANES 1 AND 2 (RAMP SIDE) OF THE 25M POOL
TO ALLOW FOR EASIER ACCESS**

VISIT www.sapphireaquatic.com.au OR PHONE US ON 02 6494 3100 FOR MORE INFORMATION

