













GROUP FITNESS TIMETABLE JULY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM		 STRENGTH	 FIT 4 ALL	 STEP	 STRENGTH
10:15AM	 PILATES		 PILATES		

**ALL CLASSES MUST BOOK IN!
LIMITED PLACES AVAILABLE!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM	 AQUA FIT	 AQUA LITE	 AQUA FIT	 AQUA LITE	 AQUA FIT
10:15AM			 AQUA LITE		
6:00PM			 AQUA FIT		

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