









# GROUP FITNESS TIMETABLE NOVEMBER










**PLEASE NOTE: THE WEEK STARTING 22ND NOVEMBER**

**Wednesday 6:00pm Aqua Fit will move to Thursday Night and Thursday 9:00am Step will be Cancelled**

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

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

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

VISIT [www.sapphireaquatic.com.au](http://www.sapphireaquatic.com.au) OR PHONE US ON 02 6494 3100 FOR MORE INFORMATION