

TIMETABLE FROM 11TH OF JANUARY

	MON	TUES	WED	THUR	FRI	SAT
5.30AM		HIRT	METCON		LIFT	
8.30AM					HIIT	OUTDOOR
9.30AM	OUTDOOR	HIRT	OUTDOOR	LIFT	HIIT	
5.30PM		HIIT	HIRT	METCON		
6PM	LIFT					
6.30pm				METCON		

For session descriptions and to book online visit aquafit.com.au.