

# GROUP FITNESS TIMETABLE



Please arrive no earlier than 5 minutes prior to the listed time to allow for our new check-in process and safe entry into the class.

Group Fitness Studio							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	LESMILLS CXWORX	COACH BY COLOUR	LESMILLS BODYATTACK	COACH BY COLOUR	CARDIO CIRCUIT		
9:00am						LESMILLS CXWORX	
9:30am	LESMILLS BODYPUMP	LESMILLS CXWORX	LESMILLS BODYPUMP	LESMILLS CXWORX	LESMILLS BODYPUMP		
10:30am							LESMILLS BODYBALANCE
11:30am	STRONG MOVERS Functional Fit	Zumba GOLD	STRONG MOVERS Dance	STRONG MOVERS Stretch	STRONG MOVERS		
3:00pm						LESMILLS BODYPUMP	LESMILLS BODYPUMP
5:30pm	LESMILLS BODYPUMP	LESMILLS CXWORX	LESMILLS BODYPUMP	LESMILLS CXWORX	LESMILLS BODYPUMP		
6:30pm	LESMILLS BODYATTACK						
7:00pm		LESMILLS BODYBALANCE	LESMILLS CXWORX				
						<b>KEY:</b>	Virtual    Live Instructor

Aqua 25m Pool							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am	Aqua Mild	Aqua Mild	Aqua Mild	Aqua Mild	Aqua Mild		
10:30am	Aqua Mild	Aqua Mild	Aqua Mild	Aqua Mild	Aqua Mild		
6:30pm	Aqua Fit		Aqua Fit				

## GUIDE FOR ENJOYING YOUR GROUP FITNESS CLASS

For the full guide, see our website at <https://milduraaquaticfacilities.com.au/bookings>

- Book your class via our online booking portal. Website listed above.
- Shower thoroughly at home using soap. Aqua classes only.
- Pack your EFTPOS card. We are temporarily a cashless facility
- Dress in appropriate workout or swim attire before leaving home
- Pack your photo ID.
- Pack your towel and water bottle

**REMEMBER TO ARRIVE NO EARLIER THAN 5 MINUTES BEFORE THE LISTED CLASS TIME**