

GROUP FITNESS TIMETABLE

16th- 22nd November



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	🕒 LESMILLS BODYPUMP	🕒 LESMILLS CXWORX	🕒 LESMILLS BODYPUMP	🕒 LESMILLS CXWORX		
9:15am	🕒 LESMILLS BODYPUMP	🕒 LESMILLS CXWORX	🕒 LESMILLS BODYPUMP	🕒 LESMILLS CXWORX	🕒 LESMILLS BODYPUMP	🕒 LESMILLS CXWORX	
10:30am	STRONG MOVERS Weights Class	STRONG MOVERS Stretch	STRONG MOVERS Functional Fit	Zumba GOLD	STRONG MOVERS Weights Class		🕒 LESMILLS BODYBALANCE
11:30am	STRONG MOVERS Functional Fit	Zumba GOLD	STRONG MOVERS DANCE	STRONG MOVERS Stretch	STRONG MOVERS DANCE		
3:00pm						🕒 LESMILLS BODYPUMP	🕒 LESMILLS BODYPUMP
5:30pm	🕒 LESMILLS BODYPUMP	🕒 LESMILLS CXWORX	🕒 LESMILLS BODYPUMP	🕒 LESMILLS CXWORX	🕒 LESMILLS BODYPUMP		
7:00pm	🕒 LESMILLS CXWORX	🕒 LESMILLS BODYBALANCE	🕒 LESMILLS CXWORX	🕒 LESMILLS BODYBALANCE			

KEY: 🕒 Virtual Live Instructor

GUIDE FOR ENJOYING YOUR GROUP FITNESS CLASS

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



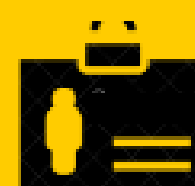
Book your class via our online booking portal. Website listed above.



Pack your towel and water bottle



Pack your EFTPOS card. We are temporarily a cashless facility



Pack your photo ID.

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