

GROUP FITNESS TIMETABLE

Commencing 18 January 2021

MILDURA WAVES

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 Strength	STRONG MOVERS Circuit		STRONG MOVERS Stretch	STRONG MOVERS Weights		
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	LESMILLS BODYBALANCE			
KEY:						🕒 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	Aqua Fit	
6:30pm	Aqua Fit		Aqua Fit				

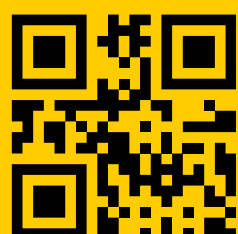
GUIDE FOR ENJOYING YOUR GROUP FITNESS CLASS



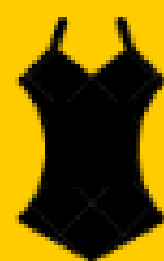
Bookings not required.



Pack your towel and water bottle



Complete contact tracing at arrival of centre.



Dress in appropriate workout or swim attire before leaving home

PLEASE REMEMBER TO WIPE DOWN EQUIPMENT AFTER USE