











# GROUP FITNESS TIMETABLE

Commencing 22 FEBRUARY 2021

MILDURA WAVES

Group Fitness Studio							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	 LESMILLS CXWORX	COACH BY COLOR CYCLE	LESMILLS BODYATTACK	COACH BY COLOR CYCLE	HIT		
9:00am						 LESMILLS CXWORX	
9:30am	LESMILLS BODYBALANCE	 LESMILLS BODYPUMP	 LESMILLS CXWORX	 LESMILLS BODYPUMP	LESMILLS BODYBALANCE		
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 BODYPUMP		
6:00pm				LESMILLS BODYATTACK			
6:30pm	LESMILLS BODYATTACK						
7:00pm		LESMILLS BODYBALANCE	 LESMILLS CXWORX	LESMILLS BODYBALANCE			
<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	Aqua Fit	
6:30pm	Aqua Fit	Deep Water Running	Aqua Fit				

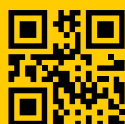
## GUIDE FOR ENJOYING YOUR GROUP FITNESS CLASS



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**