

GROUP FITNESS TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM		Pump	Step	Cycle	Pump		
7.00 AM			AquaFit		AquaFit		
9.30 AM	Pump Cycle AquaMovers	Step Aqua Fit	Zumba Cycle	Pump Cycle AquaMovers	Step	8.00 AM Cycle Attack	Step
10.30 AM	LM Core	Cycle Balance	Balance	LM Core Yoga	Balance Cycle	9.00 AM Pump	Boxing
11.00 AM				Deep Aqua		10.00 AM Zumba Balance	Zumba
12.00 PM		AquaMovers	AquaFit		Active Ageing	11.00 AM	Yoga
12.30 PM	AquaMovers						
1.30 PM	Chair Yoga		Active Ageing (1pm)		AquaMovers (1pm)		
5.30 PM	Zumba	Step	Cycle		Cycle		
6.00 PM				Barre Attack			
6.30 PM	Cycle Barre	Pump Cycle	Pump Balance	Cycle			
7.30 PM	Boxing Deep Aqua	Yoga AquaFit		Yoga Zumba (7:00pm)			

This draft timetable is a guide only and is subject to change.



**Brimbank
Aquatic and
Wellness Centre**