

Group Fitness Timetable






Commencing Monday, 21 February 2022

Timetable is subject to change



AQUAPULSE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1040AM						WYNSENIOR PILATES (45) Main Studio Ali 	
11AM		WYNSENIOR ACTIVE ADULTS (45) Main Studio Ronnie 		WYNSENIOR ACTIVE ADULTS (45) Main Studio Ronnie 			
1130AM			WYNSENIOR WARM WATER WALKING (45) Warm Water Pool Benita 				

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1030AM			WYNSENIOR PILATES (45) Main Studio Roxanne 				
1040AM					WYNSENIOR WALKING GROUP (45) Meet at Eagle Stadium Benita & Ronnie 		
1045AM	WYNSENIOR BODYBALANCE (45) Main Studio Kat 						
11AM		WYNSENIOR ACTIVE ADULTS (45) Main Studio Benita 					
1135AM					WYNSENIOR ACTIVE ADULTS (45) Main Studio Benita 		

