Group Fitness Timetable

Commencing Monday, 6 June 2022

Timetable is subject to change

AQUAPULSE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
830AM	**WYNSENIOR AQUA (45)** 50m Pool *Sharon*						
9AM		**WYNSENIOR GENTLE AQUA (45)** Warm Water Pool *Benita*					
1040AM						**WYNSENIOR PILATES (45)** Main Studio *Ali*	
11AM		**WYNSENIOR ACTIVE ADULTS (45)** Main Studio *Ronnie*		**WYNSENIOR ACTIVE ADULTS (45)** Main Studio *Ronnie*			
1130AM			**WYNSENIOR GENTLE AQUA (45)** Warm Water Pool *Benita*				

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EAGLE STADIUM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1030AM							
1040AM			**WYNSENIOR PILATES (45)** Main Studio *Felipe*				
1045AM	**WYNSENIOR BODYBALANCE (45)** Main Studio *Kat*						
11AM		**WYNSENIOR ACTIVE ADULTS (45)** Main Studio *Benita*					
1135AM					**WYNSENIOR ACTIVE ADULTS (45)** Main Studio *Benita*		