



**Fawkner Leisure Centre
Group Fitness Timetable
Effective 25 January**

Monday	Class
9.30 am	Body Pump
9.30 am	Water Workout
10.30 am	Yoga
5.30 pm	Circuit
6.30 pm	Zumba
7.00 pm	Aqua
7.30 pm	Body Balance

Tuesday	Class - Starting Feb 4
9.30 am	Body Pump
9.30 am	Aqua Adults
11.00 am	Lift for Life
10.30 am	Zumba Gold
6.00 pm	Adrenaline (Intro)
7.00pm	Water workout
PUBLIC HOLIDAY 26 JAN	
9.30am	Aqua Adults
9.30am	Freestyle Fitness

Wednesday	Class
9.30am	Zumba
9.30am	Aqua Adults
10.30am	Active Adults
6.00pm	Circuit
7.00pm	Water workout

Thursday	Class
9.30am	Body Pump
9.30am	Aqua Adults
10.30am	Lift for Life
11.30am	Active Hearts
6.00pm	Body Pump
7.00pm	Water Workout
7.00pm	Adrenaline (Intro)

Friday	Class
9.30am	Aqua Adults
10.30am	ABT

Saturday	Class
8.30am	Adrenaline (intro)
9.30am	Zumba
9.30am	Aqua Adults
10.30am	Pump Express