

# GROUP FITNESS TIMETABLE

JAN- MAR 2020

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8.00 AM						AQUACISE	
8.15 AM	AQUACISE	AQUACISE	AQUACISE	AQUACISE	AQUACISE		
12.00 PM							AQUACISE
6.30 PM	AQUACISE						

UPCOMING PUBLIC HOLIDAYS				
DAY	DATE	OPENING HOURS	CLASS TIME	CLASS
AUSTRALIA DAY	MONDAY 27 <sup>TH</sup> JANUARY	8AM-6PM		NO CLASS

## CLASS DESCRIPTIONS

### AQUACISE

Great interval workout for anyone using minimum impact to develop strength and fitness. Burn an unbelievable amount of calories.

View timetable online [WWW.MOSMANSWIMCENTRE.COM.AU](http://WWW.MOSMANSWIMCENTRE.COM.AU)