

GROUP FITNESS TIMETABLE

JAN - MAR 2020

OPENING HOURS

Monday - Friday 5.00am - 7.00pm
 Saturday 8.00am - 6.00pm
 Sunday - Public Holidays 10.00am - 5.00pm

COFFS HARBOUR

TIMETABLE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00am	FX30		FX30		METAFIT		
8.00am	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS		AQUA FITNESS	AQUA DEEPWATER	
9:30am	SILVER SNEAKERS		SILVER SNEAKERS				
11.00am				AQUA FITNESS			
6.00pm		METAFIT		FX30			
7.00pm		AQUA DEEPWATER HIIT					

UPCOMING PUBLIC HOLIDAYS

DAY	DATE	OPENING HOURS	CLASS TIME	CLASS
AUSTRALIA DAY	MONDAY 27 th JANUARY	10.00 AM - 4.00PM	NO CLASSES	

SAWTELL

TIMETABLE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8.15am	AQUA FITNESS			AQUA FITNESS			
9:30am						AQUA FITNESS	

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TIMETABLE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9.15am		AQUA FITNESS		AQUA FITNESS			

UPCOMING PUBLIC HOLIDAYS

DAY	DATE	OPENING HOURS	CLASS
AUSTRALIA DAY	MONDAY 27 th JANUARY	7AM - 6PM	NO CLASSES

CLASS DESCRIPTIONS

FX30	30mins of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes.
AQUA FITNESS	Great interval workout for anyone using minimum impact to develop strength and fitness. Burn an unbelievable amount of calories.
AQUA DEEPWATER HIIT	30mins short intervals of high intensity exercises in the deep without the impact.
METAFIT	30 min high-intensity workout which includes a series of body-weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete.
SILVER SNEAKERS	An overall fitness class specifically designed for seniors or de-conditioned participants.