

AQUAMOVES Group Fitness Schedule

Effective Monday 1 February 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------------|--|--------------------------------------|---|--------------------------------------|--------------------------|--------------------------|
| 6:15 AM Body Pump | 6:15 AM RPM | 6:15 AM Body Pump | 6:15 AM Cardio Boxing | 6:15 AM RPM | 7:30 AM RPM | 9:30 AM Aqua HiLo |
| 6:15 AM RPM | 6:15 AM Cardio Boxing | 6:15 AM RPM | 6:15 AM Body Pump | 6:15 AM Body Pump | 8:00 AM HIIT | 10:30 AM Body Balance |
| 6:15 AM Outdoor Group Training | 6:15 AM Body Pump | 6:15 AM Outdoor Group Training | 6:15 AM RPM | 6:15 AM Outdoor Group Training | 9:00 AM Body Pump | |
| 9:00 AM Aqua Arthritic | 9:00 AM Deep Water Running | 9:15 AM Aqua Arthritic | 9:00 AM Aqua HiLo | 10:00 AM Fun And Fitness | 10:15 AM Body Balance | |
| 9:15 AM RPM | 9:30 AM Get Low | 10:00 AM Over 60s Body Pump | 9:15 AM Body Pump | 12:15 PM HIIT | | |
| 10:00 AM Over 60s Body Balance | 12:15 PM Body Pump | 12:15 PM RPM X PRESS | 12:15 PM Body Balance | | | |
| 12:15 PM Pilates | 5:30 PM RPM | 5:30 PM Body Pump | 5:30 PM RPM | | | |
| 5:30 PM Body Pump | 5:30 PM BLAST (Previously Abs, Butts and Thighs) | 6:30 PM Body Balance | 5:30 PM Tabata | | | |
| 6:00 PM RPM | 6:00 PM Outdoor Functional Training | | 6:00 PM Outdoor Functional Training | | | |
| 6:30 PM Tabata | 6:30 PM Body Pump | | 6:30 PM Pilates | | | |