

# AQUAMOVES Group Fitness Schedule

Effective Monday 17 January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM Body Pump	6:15 AM Boxing / TKO	6:15 AM GRIT	6:15 AM Boxing / TKO	6:15 AM Outdoor Functional Training	7:30 AM RPM	9:00 AM Aqua Hi Lo
6:15 AM RPM	6:15 AM Deep Water Running	6:15 AM RPM	6:15 AM Deep Water Running	6:15 AM RPM	8:00 AM Circuit Breaker	10:00 AM Body Balance
9:00 AM Aqua Arthritic	9:00 AM Deep Water Running	7:00 AM Yoga	9:00 AM Aqua Hi-Lo	9:00 AM Deep Water Running	9:00 AM Body Pump	
9:15 AM Body Pump	9:15 AM Circuit Breaker	9:00 AM Aqua Arthritic	10:15 AM Retro Cycle (30 mins)	9:15 AM Focus - Glutes		
10:00 AM Gen Active Circuit	10:00 AM Fun and Fitness	9:00 AM Aqua Hi Lo	5:30 PM Body Pump	10:00 AM Yoga Aqua Arthritic		
10:00 AM Aqua Arthritic	12:15 PM Body Pump	10:00 AM Aqua Arthritic	5:30 PM RPM	10:00 AM Fun And Fitness		
11:00 AM Gen Active Body Balance	5:30 PM RPM	10:00 AM Gen Active Body Pump	6:00 PM Outdoor Functional Training	11:00 AM Pilates		
5:30 PM GRIT	6:00 PM Outdoor Functional Training	11:00 AM Pilates	6:30 PM Body Balance			
6:00 PM RPM	6:30 PM Sh'Bam	12:15 PM RPM Xpress				
6:30 PM Body Pump		5:30 PM Body Pump				
		6:00 PM RPM				