

AQUAMOVES Group Fitness Schedule

Effective Monday 8 November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM Outdoor Functional Training	6:15 AM Yoga	6:15 AM Outdoor Functional Training	6:15 AM Boxing	6:15 AM Outdoor Functional Training	7:30 AM RPM	10:00 AM Body Balance
6:15 AM Body Pump	6:15 AM RPM	6:15 AM RPM	6:15 AM Deep Water Running	6:15 AM RPM	8:00 AM Work It Circuit	
9:00 AM Aqua Arthritic	6:15 AM Deep Water Running	9:00 AM Aqua Arthritic	9:00 AM Aqua Hi-Lo	9:00 AM Deep Water Running	9:00 AM Body Pump	
9:15 AM Body Pump	10:00 AM Get Low	9:00 AM Aqua Hi-Lo	9:15 AM RPM	9:15 AM HIIT	10:00 AM Yoga	
10:00 AM Gen Active Circuit	12:15 PM Body Pump	10:00 AM GEN Active Body Pump	12:15 PM Pilates	10:00 AM Yoga Aqua Arthritic		
10:00 AM Aqua Arthritic	5:30 PM RPM	10:00 AM Aqua Arthritic	5:30 PM Body Pump	10:00 AM Fun And Fitness		
11:00 AM GEN Active Body Balance	6:00 PM Outdoor Functional Training	12:15 PM RPM X PRESS	6:00 PM Outdoor Functional Training			
5:30 PM GRIT		5:30 PM Body Pump	6:15 PM Q&A: Nutrition Class			
6:30 PM Body Pump		6:00 PM RPM				
		6:30 PM Body Balance				