

AQUAMOVES LES MILLS LAUNCHES

Neon Party

Friday 20 September
to Thursday 26
September 2024.

Aquamoves Members
- bring a friend for
FREE to any of the
classes listed on the
timetable below.*

Each friend gives
you one entry
into our Footy
Finals Friends
prize draw!

Fri 20	Sat 21	Sun 22	Mon 23	Tue 24	Wed 25	Thu 26
5.30pm Body Combat	7.15am RPM	10.00am Body Balance	5.30pm GRIT + Body Pump COMBO	5.30pm RPM	12.15pm Sprint	5.30pm Body Pump + GRIT COMBO
	9.00am Body Pump		6.00 pm Sprint	5.30pm Body Combat	5.30pm Body Pump	
			6.30pm Body Balance	6.30pm Les Mills Dance	6.30pm Body Combat	