

AQUAMOVES

HOLIDAY GROUP FITNESS

TIMETABLE 25/26

Wednesday 24 December	Thursday 25 December	Friday 26 December	Saturday 27 December	Sunday 28 December
5.15am Circuit	NO CLASSES	9am Aqua Hi-Lo	7.15am RPM	9am Aqua Hi-Lo
6.15am Circuit		9am RPM	8am Circuit	10am Body Balance
6.15am Sprint		10am Circuit	9am Body Pump	
8.30am Aqua Arthritic			10am Yoga	
9am Fun and Fitness				
10am Aqua Arthritic				
10am Gen Active Body Pump				
11am Pilates				
12.15pm Sprint				
Monday 29 December	Tuesday 30 December	Wednesday 31 December	Thursday 1 January	Friday 2 January
5.15am Circuit	6.15am Body Pump	6.15am Sprint	5.30pm Body Pump	5.15am Circuit
6.15am Circuit	6.15am Deep Water Running	8.30am Aqua Arthritic	5.30pm RPM	6.15am Circuit
9am Aqua Arthritic	9am Aqua Hi-Lo	9am Fun and Fitness	6pm OFT	9am Deep Water Running
9.15am RPM	9.15am Pilates	10am Aqua Arthritic		9.15am Body Pump
10am Aqua Arthritic	10am Fun and Fitness	10am Gen Active Body Pump		10am Fun and Fitness
10am Gen Active Circuit	12pm Body Pump	12.15pm Body Pump		10am Yoga Aqua Arthritic
11am Gen Active Body Balance	5.30pm Body Combat			11am Yoga
5.30pm Grit	5.30pm RPM			12pm Sprint
6pm Pump	6pm OFT			5.30pm Body Combat
6.30pm Body Balance	6.30pm Pilates			

Classes as normal up to 23 December. Classes return to normal schedule Saturday 3 January 2026.

www.aquamoves.com.au  

Aquamoves is proudly provided by Greater Shepparton City Council.

