

CARINGBAH LEISURE CENTRE

GROUP FITNESS TIMETABLE - JANUARY



AQUA



MORNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM	Deep 45 Robyn	Deep 45 Margaret	Deep 45 Eve	Deep 45 Margaret		
8:30AM						Deep 45 Wendy
9:00AM		Gentle 45 Margaret	Gentle 45 Eve	Gentle 45 Margaret		
9:30AM						

EVENING

7.30PM	Deep 45 Margaret					
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- Weekday morning aqua class changes:
 - 8:30am deep classes move to 8am
 - 9:30am gentle classes move to 9am

All CLC Aqua classes are 45 minutes