

CARINGBAH LEISURE CENTRE

GROUP FITNESS TIMETABLE - JULY AQUA

MORNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8AM						
8:30AM	DEEP 45 ROBYN	DEEP 45 MARGARET	DEEP 45 EVE	DEEP 45 MARGARET		DEEP 45 WENDY
9AM						
9:30AM		GENTLE 45 MARGARET	GENTLE 45 EVE	GENTLE 45 MARGARET		

EVENING

6.45PM	DEEP 45 MARGARET					
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- All CLC Aqua classes are 45minutes

SUTHERLANDSHIRE

LEISURE
CENTRES