

CARINGBAH LEISURE CENTRE

GROUP FITNESS TIMETABLE - OCTOBER

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

7.30PM	DEEP 45 MARGARET					
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- Monday 7th October is a Public Holiday (NO CLASSES)
- Monday 6:45pm deep aqua will move to 7:30pm from Monday 14th October

- All CLC Aqua classes are 45 minutes

SUTHERLANDSHIRE

LEISURE
CENTRES