

GROUP FITNESS CLASSES

TIMETABLE

SUMMER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN STUDIO	06:10am					BODYPUMP 45min		
	07:00am	B Active Longer - Aerobic 45min	BODYPUMP 45min	B Active Longer - Aerobic 45min	Core & More 45min	Pilates 45min		
	08:00am	Hatha Yoga 45min	Yoga Gentle 45min	Yoga Slow Flow 45min		B Active Longer - Circuit 45min	08:15 am Circuit 45min	
	09:00am	BODYPUMP 60min	Fit & Fabulous 45min	Booty Camp 45 min	BODYPUMP 60min	Zum ba 60min	Zum ba 60min	
	10:00am	Zum ba 60min	Pilates 45min	Zum ba 60min		BODYBALANCE 60min		
	11:15am	B Active Longer - Circuit 45min		B Active Longer - Circuit 45min				
	12:15pm	Chair Yoga 45min	Stretch & Strength 60min	Chair Yoga 45min	Stretch & Strength 60min			
	4:30pm	Kids Zumba 45min		Stretch & Strength 45min		Pilates 45min		
	5:30pm	Pilates 45min	Zum ba 60min	BODYPUMP 45min	Core & More 45min			
OUT-DOOR JOHN WRIGHT PARK	08:00am	B Active Longer - Circuit 45min		B Active Longer - Circuit 45min	B Active Longer - Circuit 45min			

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SMALL GROUP STUDIO	6:15am	Functional Training - Aerobic 30min	Functional Training - Strength 30min	Functional Training - Functional 30min	Functional Training - Aerobic 30min	Functional Training - Strength 30min		
	8:45am					Functional Training - Strength 30min		
	9:00am	Functional Training - Aerobic 30min	Functional Training - Strength 30min	Functional Training - Functional 30min	Functional Training - Aerobic 30min			
	9:25am					Functional Training - Strength 30min		
	11:15am					B Active Longer - Strength 30min		
	5:30pm	Cardio Boxing 30min	Functional Training - Strength 30min	Functional Training - Functional 30min	Cardio Boxing 30min			

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATICS	08:00am	AQUA AEROBICS 50min	AQUA AEROBICS 50min	AQUA AEROBICS 50min	AQUA AEROBICS 50min	AQUA ZUMBA 50min		
	09:30am	AQUA AEROBICS 50min	Open Squad 60min	AQUA AEROBICS 50min	Open Squad 60min	AQUA AEROBICS 50min		
	6:00pm	Open Squad 60min		Open Squad 60min				
	6:15pm				AQUA ZUMBA 50min			

Great Lakes Aquatic Centre

55 Lake Street, Forster, NSW 2428 | 02 8344 0901

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Opening Hours

Monday - Thursday: 6:00am – 9:00pm | Friday: 6am – 8pm

Saturday: 8am – 5pm | Sunday: 9am – 5pm