

GROUP FITNESS CLASSES

TIMETABLE

STARTS 2nd FEBRUARY

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN STUDIO	06:10am					BODYPUMP Robynne 45min		
	07:00am	B Active Longer - Aerobic Robynne 45min	BODYPUMP Charne 45min	B Active Longer - Aerobic Robynne 45min	Core & More Robynne 45min	Yin Yoga Belle 50min		
	08:00am	Hatha Yoga Nadine 50min	Yoga Gentle Nadine 50min	Yin Yoga Nadine 50min	Yoga Gentle Charne 50min	B Active Longer - Circuit Terri 45min		
	08:15am						Circuit Brett 45min	
	09:00am	BODYPUMP Terri 60min	Fit & Fabulous Robynne 45min	Booty Camp Robynne 45 min	BODYPUMP Charne 45min	Zumba Lauren 60min	Vinyasa Yoga Nadine 60min	
	10:00am	Zumba Lara 60min	Chair Yoga Nadine 45min	Zumba Lara 60min	Chair Yoga Nadine 45min	BODYPUMP Terri 60min		
	11:15am	B Active Longer - Circuit Leah 45min		B Active Longer - Circuit Leah 45min				
	12:15pm	Chair Yoga Vanessa 45min	Stretch & Strength Brett 60min		Stretch & Strength Brett 60min			
	4:30pm	Kids Zumba Lauren 45min		Yoga/Pilates Charne 50min				
	5:30pm	Core & More Robynne 45min	Zumba Lauren 60min	BODYPUMP Robynne 45min	Yoga/Pilates Charne 50min			
OUT-DOOR JOHN WRIGHT PARK	08:00am	B Active Longer - Circuit Brett 45min		B Active Longer - Circuit Bec 45min	B Active Longer - Circuit Bec 45min			

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SMALL GROUP STUDIO	6:15am	Aerobic Vanessa 30min	Strength Brett 30min	Functional Leah 30min	Aerobic Vanessa 30min	Strength Leah 30min		
	8:45am					Strength Leah 30min		
	9:00am	Aerobic Leah 30min	Strength Brett 30min	Functional Leah 30min	Aerobic Vanessa 30min			
	9:25am					Strength Vanessa 30min		
	11:15am					B Active Longer - Strength Leah 30min		
	4:00pm			Teen Brett 30min				
	5:30pm	Cardio Boxing Mick 30min	Strength Mick 30min	Functional Hayley 30min	Cardio Boxing Mick 30min			

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATICS	08:00am	AQUA AEROBICS Lauren 45min	AQUA AEROBICS Charne 45min	AQUA AEROBICS Charne 45min	AQUA AEROBICS Bethany 45min	AQUA ZUMBA Lauren 45min		
	09:30am	AQUA AEROBICS Bethany 45min		AQUA AEROBICS Bethany 45min		AQUA AEROBICS Bethany 45min		
	6:15pm				AQUA ZUMBA Lauren 45min			

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



Great Lakes
Aquatic and Leisure Centre