

GROUP FITNESS CLASSES

TIMETABLE

January – March 2025

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATICS	07:00am	AQUA AEROBICS 45min (Niamh)					AQUA BOOTCAMP 45min (Brendan)	
	08:00am	AQUA AEROBICS 45min (Niamh)	AQUA GENTLE 45min (Liz)		AQUA AEROBICCS 45min (Niamh)	AQUA GENTLE 45min (Liz)		
	12:45pm	AQUA MILD 45min (Niamh)	AQUA AEROBICS 45min (Niamh)		DEEP WATER AQUA 45min (Ewen)			
	6:30pm	DEEP WATER AQUA 45min (Ewen)	AQUA AEROBICS 45min (Niamh)	AQUA BOOTCAMP 45min (Brendan)	AQUA AEROBICS 45min (Naimh)			
OUT-DOOR	07:00am				AQUA HIIT 45min (Ewen)			

Manning Aquatic Centre Bathurst

Venue Address| Elizabeth Street, Bathurst NSW 2795 (02 6331 3333)
reception@bathurstaquatic.com.au | www.bathurstaquatic.com.au

Opening Hours

Monday - Sunday: 6:00am – 8:00pm | Public Holidays: 8am – 6pm

