

Bibra Lake

SPECIALITY TIMETABLE



POOL GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Aqua HIIT 8:00am	
Aqua 10:00am	Aqua 10:00am	Aqua 10:00am	Aqua 10:00am	Aqua 10:00am		
	Aqua 6:00pm		Aqua 6:00pm			

FIT FOR LIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fit For Life 9:30am	Fit For Life 9:30am		Fit For Life 9:30am	Fit For Life 9:30am		
Fit For Life 10:30am	Fit For Life 10:30am		Fit For Life 10:30am	Fit For Life 10:30am		
	Fit For Life 11:30am			Fit For Life 11:30am		

Aqua	A non-impact, cardio and strength workout to music in the pool, ideal for non-swimmers, pre or post natal and injury recovery. 60 MINUTES					
Aqua HIIT	A short, sharp, intense workout that includes cardio and strength intervals conducted in the water. 45 MINUTES					
Fit For Life	Aimed at senior members, FIT FOR LIFE is run by a qualified personal trainer and designed to get you fit, strong and moving while having fun in a social environment. 60 MINUTES					

Please ensure you arrive 5 minutes earlier than your class start time.

WWW.ROARFITNESS247.COM.AU