Aqua Aerobics Timetable

SHOALHAVEN
SWIM | SPORT | FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	AQUA		AQUA		AQUA
8:30 AM					
9:30 AM		AQUA		AQUA	
1:00 PM		AQUA LITE		AQUA LITE	
6:15 PM	AQUA HIIT				

Please note: Classes are subject to change without notice.

Bookings are essential for all classes. Members, multi-pass holders and Fitness Passport members can book up to 7 days in advance. Casual visitors can book 24 hours in advance, and payment is required at time of booking.