

CARINGBAH LEISURE CENTRE

GROUP FITNESS TIMETABLE - APRIL



Aqua

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------------------|-----------------------|------------------|-----------------------|--------|------------------|
| 8:30am | Deep 45 Robyn | Deep 45 Margaret | Deep 45 Eve | Deep 45 Margaret | | Deep 45 Wendy |
| 9:30am | | Gentle 45 Margaret | Gentle 45 Eve | Gentle 45 Margaret | | |
| 6:45pm | Deep 45 Margaret | | | | | |

Changes to the April Timetable:

- 8:00am Deep Aqua classes will move to 8:30am from Monday 7 April
- 9:00am Gentle aAqua classes will move to 9:30am from Tuesday 8 April
- The Monday evening class will move to 6:45pm from Monday 7 April

**** There are no classes running at Caringbah over the Easter weekend. ****