




AQUARENA GROUP FITNESS TIMETABLE

Winter 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						
 8:00 – 8:45	ACQUAPOLE BOXING® 6:30 – 7:15		ACQUAPOLE BOXING® 6:30 – 7:15			
	LITE PACE 8:40 – 9:25	AQUA SHAPE 8:30 – 9:15	 8:40 – 9:25			
☺ AQUA SMILE ☺ 9:15 – 9:45	DEEP WATER 9:30 – 10:15	AQUA BIKE 9:25 – 10:25	DEEP WATER 9:30 – 10:15		HYDRO CHI 9:15 – 10:15	HYDRO CHI 9:15 – 10:15
	SPLASH-INCLUSIVE AQUA 10:30 – 11:00		LITE PACE 10:20 – 11:05			AQUA SHAPE 10:20 – 11:05
PM						
 5:30 – 6:15						

Classes and times are subject to change

Geraldton Aquarena

Pass Street, Wontella WA 6530 **Phone:** 9956 6906 **Email:** aquarena@cgg.wa.gov.au

www.aquarena.cgg.gov.au

