

Cook+Phillip Park Aquatic and Fitness Centre

Summer timetable January 2019 – June 2019

Aquatics

Monday	
12.30pm	Shallow Aqua (45 min)
6.30pm	Shallow Aqua (45 min)
Tuesday	
6.30am	Shallow Aqua (45 min)
12.30pm	Warm Aqua (45 min)
6.30pm	Deep Aqua (45 min)
Wednesday	
12.30pm	Shallow Aqua (45 min)
6.30pm	Shallow Aqua (45 min)
Thursday	
6.30am	Shallow Aqua (45 min)
6.30pm	Deep Aqua (45 min)
Friday	
6.30am	Shallow Aqua (45 min)
10.00am	Warm Aqua (45 min)
Saturday	
10.00am	Deep Aqua (45 min)
Sunday	
10.00am	Deep Aqua (45 min)

Group Fitness

Monday	
12.30pm	Yoga (60 min)
6.30pm	Yoga (60 min)
Tuesday	
12.30pm	O2 Pilates (60 min)
6.30pm	Pilates (60 min)
Wednesday	
12.30pm	O2 Yoga (60 min)
6.00pm	Yoga (60 min)
Thursday	
6.30pm	Pilates (60 min)
Friday	
12.30pm	Yoga (60 min)
Saturday	
9.00am	Yoga (60 min)

Operating Hours:

Weekdays: 6:00am to 10:00pm

Weekends: 7:00am to 8:00pm

All classes are correct at time of print. From time to time and due to unforeseen circumstances we may need to change the timetable at the last minute.

Cook+Phillip Park Aquatic and Fitness Centre

Summer timetable January 2019 – June 2019

Small Group Training

Monday

6.30am	Athlete (30 min)
7.00am	Spin Circuit (30 min)
11.00am	Gold Power (45 min)
12.30pm	H.I.I.T (30 min)
1.00pm	Abs & Core (30 min)
4.00pm	Teen Gym (60 min)
6.00pm	Athlete (30 min)
6.30pm	Abs & Core (30 min)

Tuesday

6.30am	H.I.I.T (30 min)
7.00am	Abs & Core (30 min)
11.00am	Gold Life (45 min)
12.30pm	Box 'N' Burn (30 min)
1.00pm	Athlete (30 min)
4.00pm	Teen Gym (60 min)
6.00pm	H.I.I.T (30 min)
6.30pm	Abs & Core (30 min)

Wednesday

6.30am	Spin Circuit (30 min)
7.00am	H.I.I.T (30 min)
11.00am	Gold Flex (45 min)
12.30pm	Athlete (30 min)
1.00pm	Abs & Core (30 min)
4.00pm	Teen Gym (60 min)
6.00pm	Athlete (30 min)
6.30pm	H.I.I.T (30 min)

Thursday

6.30am	H.I.I.T (30 min)
7.00am	Abs & Core (30 min)
11.00am	Gold Life (45 min)
12.30pm	Spin Circuit (30 min)
1.00pm	H.I.I.T (30 min)
4.00pm	Teen Gym (60 min)
6.00pm	Box 'N' Burn (30 min)
6.30pm	H.I.I.T (30 min)

Friday

6.30am	Athlete (30 min)
7.00am	H.I.I.T (30 min)
11.00am	Gold Power (45 min)
12.30pm	H.I.I.T (30 min)
1.00pm	Abs & Core (30 min)
6.00pm	H.I.I.T (30 min)

Saturday

8.00am	Athlete (30 min)
8.30am	Abs & Core (30 min)
12.30pm	H.I.I.T (30 min)
4.30pm	Athlete (30 min)

Sunday

8.00am	H.I.I.T (30 min)
8.30am	Abs & Core (30 min)
12.30pm	Athlete (30 min)
4.30pm	H.I.I.T (30 min)

All classes are correct at time of print. From time to time and due to unforeseen circumstances we may need to change the timetable at the last minute.