

Cook+Phillip Park Aquatic and Fitness Centre Christmas & New Years' Class Timetable

December 17-21, 2018

| Monday 17/12/2018 | |
|----------------------|-----------------------|
| 12.30pm | Shallow Aqua (45 min) |
| 6.35pm | Yoga (60 min) |
| 6.30pm | Yoga (60 min) |
| Tuesday 18/12/2018 | |
| 6.30am | Shallow Aqua (45 min) |
| 12.30pm | Warm Aqua (45 min) |
| 6.30pm | Pilates (60 min) |
| Wednesday 19/12/2018 | |
| 12.30pm | Shallow Aqua (45 min) |
| 12.30pm | O2 Yoga (60 min) |
| Thursday 20/12/2018 | |
| 6.30am | Shallow Aqua (45 min) |
| 6.30pm | Pilates (55 min) |
| Friday 21/12/2018 | |
| 6.30am | Shallow Aqua (45 min) |

January 7-13, 2019

| Monday 07/01/2019 | |
|----------------------|-----------------------|
| 12.30pm | Shallow Aqua (45 min) |
| 12.30pm | Yoga (60 min) |
| 6.30pm | Yoga (60 min) |
| Tuesday 08/01/2019 | |
| 12.30pm | Warm Aqua (45 min) |
| 6.30pm | Pilates (60 min) |
| Wednesday 09/01/2019 | |
| 12.30pm | Shallow Aqua (45 min) |
| 12.30pm | O2 Yoga (60 min) |
| Thursday 10/01/2019 | |
| 6.30pm | Pilates (60min) |
| Friday 11/01/2019 | |
| 6.30am | Shallow Aqua (45 min) |
| Saturday 12/01/2019 | |
| 9am | Yoga (60 min) |
| 10am | Deep Aqua (45 min) |
| Sunday 13/01/2019 | |
| 10am | Aqua (45 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.