

Cook + Phillip Park Aquatic and Fitness Centre

Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am			Pilates (60 mins)				
12.30pm		Yoga (60 mins)		Pilates (60 mins)	Yoga (60 mins)		
5.30pm			Pilates (50 mins)				
6.30pm	Pilates (60 mins)		Yoga (60 mins)				

Aqua | Deep Aqua, Shallow Aqua, SwimFit: 50m pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am		Shallow Aqua (45 mins)		Shallow Aqua (45 mins)	Shallow Aqua (45 mins)		
11.00am							Deep Aqua (45 mins)
12.30pm	Shallow Aqua (45 mins)		Shallow Aqua (45 mins)		Shallow Aqua (45 mins)		
6.30pm			SwimFit (60 mins)	SwimFit (60 mins)			
6.40pm		Deep Aqua (45 mins)		Deep Aqua (45 mins)			

Gym Floor

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am	HIIT (30 mins)	Athlete (30 mins)	HIIT (30 mins)	Athlete (30 mins)	HIIT (30 mins)		
8.30am						HIIT (30 mins)	
11.00am	GOLD (45 mins)	GOLD (45 mins)		GOLD (45 mins)			
12.30pm	HIIT (30 mins)	Athlete (30 mins)	HIIT (30 mins)	Athlete (30 mins)	Athlete (30 mins)		
6.30pm	HIIT (30 mins)	Athlete (30 mins)	HIIT (30 mins)	Athlete (30 mins)			

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.