



**Goulburn Aquatic and Leisure Centre
Fitness Timetable 2019**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Fitness	Aqua Aerobics 6.00am- 6.45am	Boxing 6.00am- 7.00am	Aqua Aerobics 6.00am- 6.45am	Interval Training 6.00am- 7.00am	Aqua Aerobics 6.00am- 6.45am		
	Aqua Aerobics 9.00am- 9.45am	Rip 9.30am- 10.30am	Aqua Aerobics 8.30am- 9.15am	Boxing 9.30am- 10.30am	Aqua Aerobics 9.00am- 9.45am		
Afternoon Fitness	Interval Training 5.00pm- 6.00pm		Stretch 5.00pm- 5.45pm				
			Family/Teen Fitness 4.00pm- 4.45pm				
	Aqua Aerobics 6.00pm- 6.45pm		Aqua Aerobics 6.00pm- 6.45pm				

Fitness Centre Opening Hours: Monday – Friday 6.00am -7.45pm, Saturday 8.00am -5.45pm, Sunday 9.00am -5.45pm.

Goulburn Aquatic and Leisure Centre
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