



**Goulburn Aquatic and Leisure Centre  
Fitness Timetable 2019/2020**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Morning Fitness</b>	<b>Aqua Aerobics</b> 6.00am- 6.45am	<b>Circuit</b> 6.00am- 7.00am	<b>Aqua Aerobics</b> 6.00am- 6.45am	<b>1/2 + 1/2 Combo Land and Water</b> 6.00am- 7.00am	<b>Aqua Aerobics</b> 6.00am- 6.45am		
	<b>Aqua Aerobics</b> 9.00am- 9.45am	<b>Aqua Aerobics</b> 8.30am- 9.15am	<b>Aqua Aerobics</b> 8.30am- 9.15am	<b>Circuit</b> 9.30am- 10.30am	<b>Aqua Aerobics</b> 9.00am- 9.45am		
<b>Afternoon Fitness</b>	<b>Rip</b> 5.00pm- 6.00pm	<b>Rip</b> 9.30am-10.30am	<b>Family/Teen Fitness</b> 4.00pm-4.45pm				
			<b>Stretch</b> 5.00pm- 5.45pm				
	<b>Aqua Aerobics</b> 6.00pm- 6.45pm		<b>Aqua Aerobics</b> 6.00pm- 6.45pm				

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