









Aqua Group Fitness – Timetable

21/12/20 – 27/12/20 – Christmas Trading









Time	Monday 21/12/20	Tuesday 22/12/20	Wednesday 23/12/20	Thursday 24/12/20	Friday 25/12/20	Time	Saturday 26/12/20
7am 	AQUA shallow (50 mtr pool)		AQUA deep (50 mtr pool)		N O C L A S S E S	7am 	N O C L A S S E S
				8am 			
9am 	AQUA deep (50 mtr pool)	AQUA shallow (50 mtr pool)	AQUA ZUMBA shallow (50 mtr pool)	AQUA shallow (50 mtr pool)			
10am 	Swimfit (50 mtr pool)		Swimfit (50 mtr pool)				
12pm 	AQUA (warm program pool)		AQUA (warm program pool)	AQUA (warm program pool)			
1pm 	AQUA (warm program pool)		AQUA (warm program pool)				
6:30pm 	AQUA deep (50 mtr pool)	AQUA shallow (leisure pool)	AQUA shallow (leisure pool)				

Consulting your physician prior to participating in any group fitness program is highly recommended.
Albany Creek Leisure Centre reserves the right to amend the above timetable at any time without prior notice and in line with current government restrictions.

Aqua Group Fitness – Timetable

28/12/20 – 3/1/21 – Christmas Trading



Time	Monday 28/12/20	Tuesday 29/12/20	Wednesday 30/12/20	Thursday 31/12/20	Friday 1/1/21	Time	Saturday 2/1/21
					N O C L A S S E S		
8am 		AQUA shallow (50 mtr pool)	AQUA deep (50 mtr pool)	AQUA deep (50 mtr pool)		8am 	AQUA shallow (50 mtr pool)
10am 							
12pm 	AQUA (50 mtr pool)		AQUA (50 mtr pool)	AQUA (50 mtr pool)			
1pm 							
6:30pm 	AQUA deep (50 mtr pool)	AQUA shallow (leisure pool)	AQUA shallow (leisure pool)				

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Ph. 3264 9900

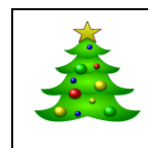
Cnr Old Northern Rd & Explorer Dve. Albany Creek








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Valid from 21/12/2020

Aqua Group Fitness – Timetable

4/1/21 – 10/1/21 – Christmas Trading



Time	Monday 4/1/21	Tuesday 5/1/21	Wednesday 6/1/21	Thursday 7/1/21	Friday 8/1/21	Time	Saturday 9/1/21
8am 	AQUA shallow (50 mtr pool)		AQUA deep (50 mtr pool)	AQUA deep (50 mtr pool)		8am 	AQUA shallow (50 mtr pool)
8.30am 		AQUA shallow (50 mtr pool)			AQUA shallow (50 mtr pool)		
10am 	Swimfit (50 mtr pool)		Swimfit (50 mtr pool)				
12pm 	AQUA (50 mtr pool)		AQUA (50 mtr pool)	AQUA (50 mtr pool)	AQUA (50 mtr pool)		
1pm 							
6:30pm 	AQUA deep (50 mtr pool)	AQUA shallow (leisure pool) Adult Swim Squad	AQUA shallow (leisure pool)	AQUA ZUMBA shallow (leisure pool) Adult Swim Squad			

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Aqua Group Fitness – Timetable

11/1/21 – 17/1/21 – Christmas Trading



Time	Monday 11/1/21	Tuesday 12/1/21	Wednesday 13/1/21	Thursday 14/1/21	Friday 15/1/21	Time	Saturday 16/1/21
8am 	AQUA shallow (50 mtr pool)		AQUA deep (50 mtr pool)	AQUA deep (50 mtr pool)		8am 	AQUA shallow (50 mtr pool)
8.30am 		AQUA shallow (50 mtr pool)			AQUA shallow (50 mtr pool)		
10am 	Swimfit (50 mtr pool)		Swimfit (50 mtr pool)				
12pm 	AQUA (warm program pool)		AQUA (warm program pool)	AQUA (warm program pool)	AQUA (warm program pool)		
1pm 	AQUA (warm program pool)		AQUA (warm program pool)		AQUA (warm program pool)		
6:30pm 	AQUA deep (50 mtr pool)	AQUA shallow (leisure pool)	AQUA shallow (leisure pool)	AQUA ZUMBA shallow (leisure pool)			
		Adult Swim Squad		Adult Swim Squad			

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