

SHEAR - Fitness Classes and Pool Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp 6.15am-7am	Fitness Class 10am	Tabata 6.15-7am	Fitness Class 10am	Bootcamp 6.15-7am	HIIT 9am-9.45am	Toddler lessons 10am-10.30am
Aqua Aerobics 11-11.45am	Aqua Aerobics 11-11.45am	<i>Water Babies</i> 9.30am-12.30pm	Aqua Aerobics 11-11.45am		Kids Lessons Level 1 and 2 10am-10.30am	Kids Lessons Level 1 and 2 10.30am-11am
	<i>Toddlers Lessons</i> 3-3.30pm				Kids Lessons Level 3 and 4 10.30am-11am	Kids Lessons Level 3 and 4 11am-11.30am
	Kids Lessons Level 1 and 2 4pm-4.30pm	Kids Lessons Level 1 and 2 4pm-4.30pm			Kids Lessons Level 5,6,7,8 11am-11.30am	Kids Lessons Level 5,6,7,8 11.30am-12
	Kids Lessons Level 3 and 4 4.30pm-5pm	Kids Lessons Level 3 and 4 4.30pm-5pm			Kids Lessons	*Fitness with Inga 10am
	Kids Lessons Level 5,6,7 & 8 5pm-5.30pm	Kids Lessons Level 5,6,7 & 8 5pm-5.30pm				
Body Conditioning 6.30-7.15pm	HIIT 6.30pm-7.15pm	Body Conditioning 6.30-7.15pm	HIIT 6.30pm-7.15pm	CORE 6.30-7.15pm		
Body Conditioning 7.15 – 8pm	Aqua Aerobics 8.15-9pm	Body Conditioning 7.15 – 8pm		Body Conditioning 7.15 – 8pm		



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