OUP FITNESS TIMETABLE LL SPORTS & AQUATIC CENTRE

Term 1 - 30 January to 6 April

GNORTHERN COUNCIL

Monday

Tuesday

Wednseday

Thursday

Friday

6.15am

Fit30

Hiit

7am

9.30am

Strength



Gentle Aqua

Fitball

Boogle **Bunce**

Gentle Aqua

meta PWR

Yoga

10am

10.30am

Active Ageing

Active Ageing

Active Ageing

1pm

Motivated

Motivated

Motivated

5.30pm

6pm

Water Aerobics

5.45pm Boogle Bunce

meta **PWR**

Yoga



Class bookings via the Mywellness app