

# PROGRAMMING AT AQUARENA

139-153 Williamsons Road, Doncaster. Ph: 03 9848 0000

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	Oceanauts (50 Metre Pool)	Brick session	Oceanauts (50 Metre Pool)		Oceanauts (50 Metre Pool)		
6.00am					AdrenalineHIT		
6:15am		Precision	Boxfit		Precision		
7.30am	Aqua Power (25m Pool)	Aqua Power (25m Pool)			Pryme Aqua (25m Pool)	Body Balance	Aqua Power (25m Pool)
8.00am						HIIT (30)	Pryme Circuit
8:30am	Aqua Power (25m Pool)	Aqua Power (25m Pool)	Aqua Power (25m Pool)	AquaCise (25m Pool)	Aqua Power (25m Pool)	AquaCise (25m Pool)	
8:30am		Aquanauts (50 Metre Pool)		Aquanauts (50 Metre Pool)		Reformer Pilates	Core (25)
9:00am						Body Pump	Pilates
9:00am						Running Club (meet in foyer)	Adult Technique (50m Pool)
9:15am	Body Balance	Pilates	Body Combat	Body Blast	Body Combat	AdrenalineHIT	
9:15am	Precision	Circuit +	AdrenalineHIT	Reformer Pilates			
9:30am	Pryme Active	Pryme Core	Pryme Active	Pryme Core	Pryme Active		AquaCise (25m Pool)
9:30am	AquaCise (25m Pool)	AquaCise (25m Pool)	AquaCise (25m Pool)	Aqua Power (25m Pool)	AquaCise (25m Pool)		
9:30am	Hydro* (Warm Pool)						
10.00am	Pryme Circuit		Pryme Circuit		Pryme Circuit	Body Attack	Body Combat
10.00am							
10.30am	Hydro* (Warm Pool)		Hydro* (Warm Pool)		AdrenalineHIT		
10.30am	Zumba +	Pryme Condition	Pryme Combo	Pryme Circuit			
10.35am	HIIT	Body Pump	Body Pump	Body Balance	Zumba		
11.30am	Pryme Easy				Pryme Strength		Hatha Yoga +
12noon	Pilates	Hatha Yoga	Tai chi +	Body Pump	Hatha Yoga		
1.30pm	Pryme Aqua (25m Pool)	Pryme Aqua (25m Pool)	Hydro* (Warm Pool)	Pryme Aqua (25m Pool)	Hydro* (Warm Pool)		
1.30pm		Zumba Gold			Taichi		3pm - Brick session
2.00pm	Pryme Condition	Pryme Ironman	Pryme Condition	Pryme Ironman	Pryme Condition		4pm - Zumba
5:30pm	Body Pump	Body Attack	Body Balance	Body Pump		<b>Timetable Key</b>	
5:30pm	All Abilities						
6:00pm	Precision	Reformer Pilates	Precision		Yin Yoga with Meditation (90)		
6:30pm	Body Attack	Zumba	Body Pump	Zumba			
6:30pm	Pilates	VinyasaYoga	Reformer Pilates				
6.30pm	Oceanauts (50 Metre Pool)	AdrenalineHIT		AdrenalineHIT			
7:00pm	Aqua Power (25m Pool)		Aqua Power (25m Pool)				
7.00pm	Running Club (meet in foyer)		Running Club (meet in foyer)				
7:30pm	Pryme Circuit	Body Blast	Pryme Cardio Circuit	Vinyasa Yoga			
7:30pm	AdrenalineHIT		HIIT (30)				
8.00pm			CORE (25)				

## OFFSITE CLASSES AVAILABLE FOR GOLD, GOLD DAY MEMBERS & PRYME MULTI VISIT PASS HOLDERS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00am				Pryme Easy			
9.30am	Pryme Active Plus	Pryme Tap (Advanced)	Pryme Combo	Pryme Active Plus	<b>Address Key</b>		
9.45am	Pryme Strength		Pryme Active			The Heimat Centre 125 George St, Doncaster East	
10.15am		Pryme Tap (Beg/Int)				Templestowe Leisure 1-3 Anderson St, Templestowe	
10.30am	Pryme Fit		Pryme Easy	Pryme Easy		Domene Rec Centre Knees Rd, Park Orchards	
Other				11.30am Pryme Strength			