

Timetable

The below timetable is the Maitland Aquatics Aqua Fitness Program starting Tuesday 11 April 2023.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Paul 10.00am AQUA FITNESS	Ginnie 10.00am AQUA FITNESS	Paul 10.00am AQUA FITNESS	Ginnie 10.00am AQUA FITNESS	Ginnie 10.00am AQUA FITNESS
Eden 6.30pm - 7.00pm AQUA BIKES	Eden 6.30pm - 7.00pm AQUA BIKES	Eden 6.30pm - 7.00pm AQUA BIKES	Eden 6.30pm - 7.00pm AQUA BIKES	
Eden 7.00pm - 7.30pm AQUA BIKES	Eden 7.00pm - 7.30pm AQUA BIKES	Eden 7.00pm - 7.30pm AQUA BIKES	Eden 7.00pm - 7.30pm AQUA BIKES	

All Aqua Fitness and Aqua Bikes classes are held at Maitland Indoor Pool

Limited places are available with 10 spots per 30 minute bike sessions. Bookings are essential and only one booking per day allowed. Payment to be made on booking. No credits given to missed or changed sessions. Classes unavailable on Public Holidays. Direct debit payments occur weekly each Thursday. Bookings to be made online, visit maitland.nsw.gov.au/aquatics
Participants must bring and wear own aqua shoes for Aqua Bike classes.

Consider joining our Aquafit Membership and save - find out more at the front desk

