



# SPRING HILL BATHS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 AM	Aqua Tabata		City Aqua		City Aqua		
05:30 PM		City Aqua		Aqua Tabata			



Please note scheduled classes are subject to change.  
To ensure class times are correct please contact us on **1300 332 583**

## CLASS DESCRIPTIONS

We offer a variety of classes at our City centres. Take a look at our selection!

### Aqua Tabata

### City Aqua

This is our signature aqua session, the best of both worlds. The calorie burning benefits of group exercise with the therapeutic properties of water. Using minimum impact movements, you'll develop strength and fitness in a fun environment.