



Group Fitness Timetable

OCT - DEC
2026

paynehamswim.com.au

Scan to view our
opening hours.



Class Descriptions

AQUA

A great interval workout for anyone using minimum impact to develop strength and fitness. Burn an unbelievable amount of calories.

25m Pool

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7:00 AM						AQUA	
8:00 AM			AQUA				
12:30 PM				AQUA			
6:30 PM	AQUA						



Up to 3 minutes after class starts
Last chance to get a ticket.



Entry 5 minutes after the class starts is
NOT PERMITTED.



Keep up to date with the latest timetable!

Scan the code to view the most up to date version of the timetable. Due to instructor availability classes are subject to change without notice. For the most up to date timetable and opening hours please visit our website:
paynehamswim.com.au/timetable

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