



noosa aquatic centre

a noosa council service

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Squad 5.30am - 7.00am	Circuit 5.30am - 6.25am	Stretch 5.30am-6.25am	Cardio & Core 5.30am - 6.25am	Swim Squad 5.30am - 7.00am		
		Swim Squad 5.30am - 7.00am				
Aqua 7.30am - 8.25 am	Circuit 7.30am - 8.25am	Aqua 7.30am - 8.25am	Stretch 7.30am - 8.25am	Aqua 7.30am - 8.25am	Circuit 7.30am - 8.25am	Circuit 7.30am - 8.25am
Swim Squad 7.30am - 9.00am		Swim Squad 7.30am - 9.00am		Swim Squad 7.30am - 9.00am		Aqua 7.30am - 8.25am
Aqua 8.30am - 9.25am	Aqua 8.30am - 9.25am	Aqua 8.30am - 9.25am	Aqua 8.30am - 9.25am	Aqua 8.30am - 9.25am		Aqua 8.30am - 9.25am
Swim Squad 9.00am - 10.30am	Aqua 9.30am- 10.25am	Swim Squad 9.00am - 10.30am	Aqua 9.30am - 10.25am	Swim Squad 9.00am - 10.30am	Aqua 9.30am - 10.25am	
Circuit 9.30am - 10.25am	Cardio & Core 9.30am- 10.25am	Circuit 9.30am - 10.25am	Circuit 9.30am - 10.25am	Circuit 9.30am - 10.25am		
	Stretch 11.00am -11.55am		Stretch 11.00-11.55am			
Circuit 5.30pm - 6.25pm	Swim Squad 5.30pm - 6.30pm	Cardio & Core 5.30pm - 6.25pm	Swim Squad 5.30pm - 6.30pm			