



## WEEK

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#### **MON 22 JUL**

#### **VENUE ACCESS** FITNESS &

**AQUATIC CENTRE** 10AM - 3PM

#### **AQUAFIT**

AQUATIC CENTRE 8:30AM - 9:30AM



#### **TUE 23 JUL**

#### **VENUE ACCESS**

FITNESS & **AQUATIC CENTRE** 10AM - 3PM

#### WINTER CARNIVAL

CENTRAL WALKWAY 3PM - 5PM

#### **BASKETBALL**

BASKETBALL **COURTS** 5PM - 6PM

#### **BOOT CAMP**

FITNESS & AQUATIC **CENTRE** 6PM - 7PM

#### WED 24 JUL

#### **VENUE ACCESS**

FITNESS & **AQUATIC CENTRE** 10AM - 3PM

#### **AQUAFIT**

**AQUATIC CENTRE** 8:30AM - 9:30AM

# **TOUCH FOOTBALL**

#### RUNFIT **HUGH COURTNEY OVAL** 5:45PM - 6:30PM

### THU 25 JUL

#### **VENUE ACCESS** FITNESS &

AQUATIC CENTRE 10AM - 3PM

#### **TABLE TENNIS & BADMINTON**

FITNESS & AQUATIC CENTRE 12PM - 2PM



#### **MON 29 JUL**

#### **VENUE ACCESS** FITNESS & AQUATIC CENTRE

10AM - 3PM

## **AQUAFIT**

AQUATIC CENTRE 8:30AM - 9:30AM

#### **TUE 30 JUL**

#### **VENUE ACCESS**

FITNESS & AQUATIC CENTRE 10AM - 3PM

#### **BASKETBALL BASKETBALL**

**COURTS** 5PM - 6PM

#### **BOOT CAMP**

**FITNESS & AQUATIC CENTRE** 6PM - 7PM

#### **WED 31 JUL**

**VENUE ACCESS** FITNESS & AQUATIC CENTRE 10AM - 3PM

### **AQUAFIT**

AQUATIC CENTRE 8:30AM - 9:30AM

#### RUNFIT

**HUGH COURTNEY OVAL** 5:45PM - 6:30PM

#### **THU 1 AUG**

**HUGH COURTNEY** 

**OVAL** 

5PM - 6PM

#### **VENUE ACCESS**

FITNESS & AQUATIC CENTRE 10AM - 3PM

#### **TABLE TENNIS & BADMINTON**

FITNESS & AQUATIC CENTRE, 12PM - 2PM

#### **TOUCH FOOTBALL**

**HUGH COURTNEY OVAL** 5PM - 6PM

#### FRI 26 JUL

#### **VENUE ACCESS**

FITNESS & AQUATIC CENTRE 10AM - 3PM

#### HIIT

FITNESS & AQUATIC **CENTRE** 5:30AM - 6:15AM



#### FRI 2 AUG

#### **VENUE ACCESS**

FITNESS & AQUATIC CENTRE 10AM - 3PM

#### HIIT

FITNESS & AQUATIC **CENTRE** 5:30AM - 6:15AM

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