



THE BAY HEALTH  
& LEISURE CLUB

## CLASS TIMETABLE 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Aerobics 10.00am-10.40am	Turtle Tots 9.30am-11.00am	Aqua Aerobics 10.00am-10.40am	Turtle Tots 9.45am-11.45am  Corebilty 10.00-10.35	Aqua Aerobics 10.00am-10.40am	Kids Swim Lessons 9.00am-12.00pm	Turtle Tots 9.15am-11.45am
Adults Only Swim 12.45pm-2.00pm	Adults Only Swim 12.45pm-2.00pm	Adults Only Swim 12.45pm-2.00pm	Adults Only Swim 12.45pm-2.00pm	Adults Only Swim 12.45pm-2.00pm	Adults Only Swim 12.45pm-2.00pm	Adults Only Swim 12.45pm-2.00pm
Kids 121 Swim Lessons 3.30pm-5.30pm	Kids Swim Lessons 3.30pm-5.00pm	Kids Swim Lessons 3.00pm-5.00pm		Kids Swim Lessons 3.00pm-6.00pm		
Aqua Aerobics 7.00pm-7.30pm	Bay Spin 6.30pm-7.10pm (Booking from Monday)	Aqua Aerobics 7.00pm-7.30pm	Strength & Conditioning 7.00pm-7.40pm	Bay Spin 6.30pm-7.10pm (Booking from Monday)		
	Adult Swim Lessons 7.30pm-8.15pm					

### OPENING HOURS

Monday to Friday 6.45am-9.00pm (POOL)  
 Monday to Friday 6.45am-9.30pm (GYM)  
 Saturday 8.00am-7.00pm (POOL & GYM)  
 Sunday 9.00am-6.00pm (POOL & GYM)

### CHILDRENS HOURS

Monday to Sunday 9.00am-6.00pm (Booking Required)  
 Morning Slots: 9.00am/10.15am/11.30am  
 Afternoon Slots: 2.00pm/3.15pm/4.30pm

Contact: 0402-32401

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