

# 2025 CALENDAR

# Wellness Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GRANVILLE WELLNESS						
6:00am	FunFit		BoxFit		FunFit	
7:00am	BoxFit	Cross Training	FunFit	Cross Training	BoxFit	Cross Training
8:30am						FunFit/BoxFit
9:00am		Cross Training		Cross Training		
11:00am	Seniors Circuit		Seniors Circuit		Seniors Circuit	
5:00pm	BoxFit	BoxFit	BoxFit	FunFit	BoxFit	
6:00pm	FunFit	FunFit	FunFit	Pilates	FunFit	
ETS WELLNESS						
9:00am		Body Conditioning (Women's Only)				
10:00am		Stretch & Mobility	Zumba Gold	Pilates		
11:00am	Pilates			BALT (Women's Only)		
AQUA CLASSES						
8:30am						Aqua Aerobics @ Wentworthville
9:30am	Aqua Aerobics @ Granville		Aqua Aerobics @ Granville		Aqua Aerobics @ Granville	
11:00am	Aqua Aerobics @ Wentworthville		Aqua Aerobics @ Wentworthville		Aqua Aerobics @ Wentworthville	
6:00pm		Aqua Aerobics @ Granville				

BoxFit = Boxing Fitness   FunFit = Functional Fitness   BALT = Booty, Abs, Legs, Thigh

Please make sure you book in for classes via the PerfectMind portal.

To add Wellness classes to your Gym Membership please contact Andrew Simon,

Team Leader - Leisure and Wellness: [andrew.simon@cumberland.nsw.gov.au](mailto:andrew.simon@cumberland.nsw.gov.au) or **8757 9188**

