



# MIAMI AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:30 AM	Adult Squad	Adult Squad	Adult Squad	Adult Squad	Adult Squad		
07:30 AM	Adult Squad		Adult Squad		Adult Squad		
08:00 AM						Adult Squad	
09:15 AM	Aqua Aerobics	Deep Water Running	Aqua Aerobics	Deep Water Running	Aqua Aerobics	Deep Water Running	Deep Water Running
09:30 AM	Adult Squad		Adult Squad		Adult Squad		
10:15 AM	Deep Water Running		Deep Water Running		Deep Water Running		
11:15 AM	Adult Squad		Adult Squad		Adult Squad		
06:15 PM	Deep Water Running		Deep Water Running				
06:30 PM				Adult Squad			



Please note scheduled classes are subject to change.  
To ensure class times are correct please contact us on **1300 332 583**

## CLASS DESCRIPTIONS

We offer a variety of classes at our City centres. Take a look at our selection!

### Adult Squad

Our adult swimming squad for swimmers who want to improve stroke technique and fitness level.

### Aqua Aerobics

This class is very easy!!!

### Deep Water Running

A great, low impact cardiovascular workout. Using a buoyancy belt in deep water. Deep Water Running is the perfect choice for those with injuries or limitations. It's a 45 minute class suitable for all abilities as long as you are confident in deep water.