

14 Heidke St Bundaberg | 07 4152 0342 | sharon@co.worldgym.com.au

ST	AFFED HOURS	5am - 8pm	5am - 8pm	5am - 8pm	5am - 8pm	5am - 6.30pm	6am - 4pm	7am - 4pm
	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:00 AM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM
	6:00 AM	MEMBER SWIM	AQUA CLASS	MEMBER SWIM	AQUA CLASS	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM
	7:15AM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	AQUA CLASS	MEMBER SWIM
3	8.15AM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	AQUA CLASS	DNA Aquatics	MEMBER SWIM
CICH332	9.00AM	AQUA CLASS	AQUA CLASS	AQUA CLASS	AQUA CLASS	DNA Aquatics	DNA Aquatics	MEMBER SWIM
200	10:00 AM	DNA Aquatics Learn to Swim	DNA Aquatics	MEMBER SWIM				
	12:00 PM	DNA Aquatics	DNA Aquatics	DNA Aquatics	DNA Aquatics	DNA Aquatics	MEMBER SWIM	MEMBER SWIM
	2:00 PM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM
	3.30 PM	DNA Aquatics	DNA Aquatics	DNA Aquatics	DNA Aquatics	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM
	5.30 PM	AQUA CLASS	AQUA CLASS	AQUA CLASS	DNA Aquatics	MEMBER SWIM		
	6.00 PM	AQUA CLASS	AQUA CLASS	DNA Aquatics	DNA Aquatics	MEMBER SWIM		
	6.15 PM	AQUA CLASS	AQUA CLASS	DNA Aquatics	DNA Aquatics	MEMBER SWIM	回被	
	6.30 PM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM			
	7:45 PM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM			

BOOK YOUR CLASS USING QR CODE PROVIDED

Our aqua classes use the resistance of the water to provide a full body workout.

To further activate your muscles, water dumbbells and noodle options are available making aqua a workout for everyone.

Please check online timetable for correct times before booking.





