



Adult Swim Fit

**** At times program bookings will interrupt regular scheduling we will do our best to notify ahead for any interruptions**

****No Swim Fit sessions on Public Holidays**

Starts 06 January 2022

Period	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM		5.30am-6.30am		5.30am-6.30am		6.00am-7.00am	