

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Aqua Aerobics (9.00am - 9.30am)		Aqua Aerobics (9.00am - 9.30am)	Aqua Aerobics (9.00am - 9.30am)	
Mobility & Core (9.30am - 10.00am)	Aqua Aerobics (9.45am - 10.15am)			Aqua Aerobics (9.45am - 10.15am)	Yoga with Alanna (10.30am - 11.30am)
	Swimming Lessons (4.00pm - 6.00pm)	Kids Zumba (4.30pm - 6.00pm)	Swimming Lessons (4.00pm - 6.00pm)		
Sculpt & Tone (6.15pm - 7.00pm)			Stretch & Strengthen (6.00pm - 6.30pm)		
Zumba with Rebecca (7.15pm - 8.15pm)	Yoga with Clare (7.00pm - 8.30pm)	HIIT (7.00pm - 7.45pm)	Zumba with Rebecca (7.00pm - 8.00pm)	Body Burn (7.00pm - 7.45pm)	

Classes must be prebooked through our WhatsApp System, Please scan the QR Code to book:

