

AQUAMANDA

MONDAY 22ND DECEMBER

8am-9am	PILATES
9am-10am	PILATES
10am-10.45am	CARDIO DANCE
11am-11.45am	AQUA

MONDAY 29TH DECEMBER

9am-10am	PILATES
9am-9.45am	AQUA
10am-10.45am	BOOTCAMP
11am-11.45am	AQUA

TUESDAY 23RD DECEMBER

8am-8.45am	AQUA
9.15am-10am	BODY STRENGTH
10am-10.45am	FREESTYLE FUN
11am-11.45am	AQUA
7pm - 7.45pm	ZUMBA

TUESDAY 30TH DECEMBER

9.15am-10am	BODY STRENGTH
10am-10.45am	FREESTYLE FUN
11am-11.45am	AQUA
7pm - 7.45pm	ZUMBA

WEDNESDAY 24TH DECEMBER

9.15am-10am	CORE & STRENGTH
10am-10.45am	EASY DOES IT
11am-11.45am	AQUA

WEDNESDAY 31ST DECEMBER

9.15am-10am	CORE & STRENGTH
10am-10.45am	EASY DOES IT
11am-11.45am	AQUA

THURSDAY 25TH DECEMBER

NONE

THURSDAY 1ST JANUARY

NONE

FRIDAY 26TH DECEMBER

NONE

FRIDAY 2ND JANUARY

9.30am-10.15am	AQUA CIRCUITS
9.30am-10.15am	BOOTCAMP
10.30am-11.30am	BALL PILATES

SATURDAY 27TH DECEMBER

9am-9.45am	AQUA CIRCUITS
------------	---------------

SATURDAY 3RD JANUARY

8am-8.45am	PILATES
9am-9.45am	AQUA CIRCUITS

SUNDAY 28TH DECEMBER

NONE

SUNDAY 4TH JANUARY

NONE

AQUAMANDA WILL BE CLOSING AT 12PM ON SUNDAY 4TH JANUARY FOR OUR ANNUAL STAFF CHRISTMAS PARTY