

MON

8am-9am PILATES
9am-9.45am AQUA
9.15am-9.45am HIT
10am-10.45am CARDIO DANCE
11am-11.45am AQUA
11am-12pm PILATES
12pm-1pm PILATES
1pm-1.45pm FUNCTIONAL
BALANCE &
MOBILITY

6pm-6.45pm STEP AEROBICS
7pm-7.45pm AQUA CIRCUITS
7pm-8pm BODY BLAST

TUES

8am-8.45am AQUA
9.15am-10am BODY STRENGTH
10am-10.45am FREESTYLE FUN
11am-11.45am AQUA
11am-12pm YOGA

5.45pm-6.45pm PILATES
6.15pm-7pm AQUA
7pm-7.45pm DANCE AEROBICS*
*ONCE A MONTH WILL BE ZUMBA

WEDS

8am-9am PILATES
9.15am-10am CORE & STRENGTH
10am-10.45am EASY DOES IT
11am-11.45am AQUA
11.15am-12pm YOGA
12pm-12.45pm BODY STRENGTH

5.30pm-6.30pm DYNAMIC YOGA
6pm-6.45pm AQUA CIRCUITS
7pm-8pm BODY BLAST

THURS

8am-8.45am AQUA
10am - 10.45am BODY STRENGTH
10.15am-10.45am AQUA EXPRESS
11am-12pm PILATES
12pm-12.45pm FUNCTIONAL
BALANCE &
MOBILITY
1pm-1.45pm STEP AEROBICS

5.45pm-6.45pm YOGA

FRI

8am-8.30am HIT
8.45am-9.25am DANCE AEROBICS
9.30am-10.15am AQUA CIRCUITS
9.30am-10.15am BOOTCAMP
10.30am-11.30am BALL PILATES
11.30am-12.30pm YOGA
1pm-1.45pm STRONG SPINE

SAT

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

SUN

NONE

AQUAMANDA