

GROUP FITNESS CLASSES

TIMETABLE

FROM 14
JULY 2025

		MON	TUES	WED	THURS	FRI
AQUATICS	5:45 AM		AQUA 45mins		AQUA 45mins	
	9:00 AM	AQUA 45mins				AQUA 45min
	6:15 PM		AQUA 45mins		AQUA 45mins	

AQUA

Aqua provides great cardio with cushioning resistance and support – a great injury prevention workout where joints are safely supported with exercise not to mention lots of fun!

- At times, program bookings will interrupt regular scheduling. We will do our best to notify ahead of time when there are interruptions.
- Class times subject to change