

October 2021 Aquafit Timetable

All your Favourite Tracks Every Day of the Week!

All Class Duration = 45 mins

Collect token from reception for your class so we can manage capacity limits

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 9.15am AquaFit - Jovi	5 9.15am AquaFit – Mr P 6.15pm Aqua Blast - Bronwyn	6 9.15am AquaFit – Bronwyn	7 9.15am AQUA FLEXI-STYLE 6.15pm Aqua Blast – Bron/Mr P/Maria	8 9.15am AquaFit - Maria
11 9.15am AquaFit - Jovi	12 9.15am AquaFit – Mr P 6.15pm Aqua Blast - Bronwyn	13 9.15am AquaFit – Bronwyn	14 9.15am AQUA FLEXI-STYLE 6.15pm Aqua Blast – Bron/Mr P/Maria	15 9.15am AquaFit - Maria
18 9.15am AquaFit - Jovi	19 9.15am AquaFit – Mr P 6.15pm Aqua Blast - Bronwyn	20 9.15am AquaFit – Bronwyn	21 9.15am AQUA FLEXI-STYLE 6.15pm Aqua Blast – Bron/Mr P/Maria	22 9.15am AquaFit - Maria
25 NO CLASS TODAY PUBLIC HOLIDAY	26 9.15am AquaFit – Mr P 6.15pm Aqua Blast - Bronwyn	27 9.15am AquaFit – Bronwyn	28 9.15am AQUA FLEXI-STYLE 6.15pm Aqua Blast – Bron/Mr P/Maria	29 9.15am AquaFit - Maria
<p>Aqua Blast Fast paced session. Full cardio and core training Great for all fitness levels</p>		<p>AQUA FLEXI-STYLE DIY Class with Prompt cards poolside to enhance and personalize your workout – more fun!</p>	<p>Aqua Fit Suitable for all. Great for fitness, cardio, and a great alternative to your workout sessions</p>	