

# SWELL

SWIMMING WELLNESS EVENTS LEISURE LIFESTYLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.30am						
8.00am						<b>Aqua-Water Exercise (Deep)</b> Debbie
08.30am				<b>Yoga</b> Olivia	<b>Pilates</b> Kate	
09:30am				<b>Senior Circuit</b> Olivia		
10:00am	<b>Yoga</b> Olivia	<b>Circuit</b> Ashley		<b>Aqua-Water Exercise (Shallow)</b> Ashley	<b>Circuit</b> Ashley	
1:00pm	<b>Aqua-Water Exercise (Deep)</b> Sally		<b>12pm Aqua-Water Exercise (Deep)</b> Debbie			
4.30pm					<b>Aqua-Water Exercise (Shallow)</b> Debbie	
5:30pm	<b>Kickboxing</b> LJ	<b>Aqua-Water Exercise (Shallow)</b> Ashley	<b>Aqua-Water Exercise (Shallow)</b> Debbie	<b>ZUMBA</b> Thora	<b>Aqua-Water Exercise (Deep)</b> Sally	
7.00pm	<b>Pilates</b> Kate		<b>6.30pm Self Defence</b> LJ			

**\*\*All bookings and classes are through the ActiveWorld App. Once you have downloaded the app, click on Group Fitness\*\***