



SWIMMING WELLNESS EVENTS LEISURE LIFESTYLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.00am						Circuit Olivia
8.00am						Aqua-Water Exercise (Deep) Olivia
08.45am				Yoga Olivia	8.30am Pilates Olivia	
09:30am				Senior Circuit Olivia	Circuit Olivia	
10:00am	Yoga Olivia	Circuit Ashley		Aqua-Water Exercise (Shallow) Olivia		
1:00pm	Aqua-Water Exercise (Deep) Sally		12pm Aqua-Water Exercise (Deep) Debbie			
4.30pm					Aqua-Water Exercise (Shallow) Debbie	
5:30pm	Kickboxing LJ	Aqua-Water Exercise (Shallow) Ashley	Aqua-Water Exercise (Shallow) Debbie	ZUMBA Thora	Aqua-Water Exercise (Deep) Sally	
6.30pm			Self Defence LJ			

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