

SWELL

SWIMMING WELLNESS EVENTS LEISURE LIFESTYLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am						Circuit Olivia	
8.00am						Aqua-Water Exercise (Deep) Olivia	
08.45am	Yoga Olivia		Pilates Olivia	8.30 am Yoga Olivia	Pilates Olivia		
09:30am	9.45am Fit for Life Sharyn		9.45am Aqua-Water Exercise (Deep) Olivia	9.15am Senior Circuit Olivia	Circuit Olivia		
10:00am		Circuit Ashley	9.45am Fit for Life Vanessa	Aqua-Water Exercise (Shallow) Olivia			Aqua-Water Exercise (Shallow) Vanessa
1:00pm	Aqua-Water Exercise (Deep) Chris						
5.00pm					Aqua-Water Exercise (Deep) Debbie		
5:30pm	Kickboxing LJ	Aqua-Water Exercise (Shallow) Ashley	Aqua-Water Exercise (Shallow) Debbie Self Defence LJ	ZUMBA Thora			

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