






## Group Exercise Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.15am to 10am Aqua dance	9.15am to 10am Aqua aerobics	12pm to 12.45pm Aqua stretch and tone	7.15pm to 8pm Hydro Circuits	9.15am to 10am Aqua aerobics women		
	7.15pm to 8pm Aqua dance women only					

-  **Cardio**
-  **Strength & tone**
-  **Mind & Body**
-  **Water based**
-  **Full body**

**CLASSES**  
Please arrive five minutes before the class start time. If you arrive after the class start time your space may be offered to someone else. Participant's minimum age for all classes is 14 years and participants ages 14 - 15 years must be accompanied in the class by an adult.

This timetable is subject to change, for further information visit our website.

In addition to the above timetable other activities are available including gymnastics, trampolining, climbing, badminton, table tennis, squash, judo and basketball. For more information enquire at reception or visit the website.

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