

Challenge yourself

Stay healthy and grow stronger with us

Holiday Fitness Schedule

MON	TUE	WED	THUR	FRI	SAT	SUN
				27 December Aqua Aerobics (8:30am-9:30am) Pilates (9:30am-10:30am)	28 December Aqua Aerobics (9:30am-10:30am)	29 December 2024
30 December Pilates (8:30am-9:30am) Aqua Aerobics (9:30am-10:30am)	31 December Aqua Aerobics (9:30am-10:30am)	1 January	2 January	3 January Aqua Aerobics (9:30am-10:30am)	4 January	5 January
6 January Aqua Aerobics (6:30pm-7:30pm)	7 January	8 January	9 January	10 January Aqua Aerobics (6:30pm-7:30pm)	11 January	12 January
13 January Aqua Aerobics (6:30pm-7:30pm)	14 January	15 January	16 January	17 January Aqua Aerobics (6:30pm-7:30pm)	18 January	19 January
20 January Aqua Aerobics (6:30pm-7:30pm)	END OF HOLIDAY PROGRAM					