Challenge y						
ay healthy and grow stronger with MON	TUE	WED	THUR	FRI	SAT	SUN
3 April	29 April	30 April				
lates :30pm-6:30pm)	Aqua Zumba (12:30pm-1:30pm)					
qua Aerobics	Pilates					
:30pm-7:30pm)	(6:30pm-7:30pm)					
			May 2025			
MON	TUE	WED	THUR	FRI	SAT	SUN
			1 May	2 May	3 May	4 May
			Aqua Zumba (6:30pm-7:30pm)	Aqua Aerobics (6:30pm-7:30pm)	Aqua Aerobics (8:00am-9:00am)	
					Pilates (9:30am-10:30am)	
Мау	6 May	7 May	8 May	9 May	10 May	11 May
ilates	Aqua Zumba		Aqua Zumba	Aqua Aerobics	Aqua Aerobics	
5:30pm-6:30pm)	(12:30pm-1:30pm)		(6:30pm-7:30pm)	(6:30pm-7:30pm)	(8:00am-9:00am)	
qua Aerobics 3:30pm-7:30pm)	Pilates (6:30pm-7:30pm)				Pilates (9:30am-10:30am)	
2 May	13 May	14 May	15 May	16 May	17 May	18 May
ilates 5:30pm-6:30pm)	Aqua Zumba		Aqua Zumba	Aqua Aerobics (6:30pm-7:30pm)	Aqua Aerobics (8:00am-9:00am)	
qua Aerobics	(12:30pm-1:30pm)		(6:30pm-7:30pm)	(0.00pm-1.00pm)	Pilates	
6:30pm-7:30pm)	Pilates (6:30pm-7:30pm)				(9:30am-10:30am)	
9 May	20 May	21 May	22 May	23 May	24 May	25 May
ilates	Aqua Zumba		Aqua Zumba	Aqua Aerobics	Aqua Aerobics	
i:30pm-6:30pm) qua Aerobics	(12:30pm-1:30pm) Pilates		(6:30pm-7:30pm)	(6:30pm-7:30pm)	(8:00am-9:00am) Pilates	
3:30pm-7:30pm)	(6:30pm-7:30pm)				(9:30am-10:30am)	
6 May	27 May	28 May	29 May	30 May	31 May	
ilates 5:30pm-6:30pm)	Aqua Zumba (12:30pm-1:30pm)		Aqua Zumba (6:30pm-7:30pm)	Aqua Aerobics (6:30pm-7:30pm)	Aqua Aerobics (8:00am-9:00am)	
Aqua Aerobics	Pilates				Pilates	
6:30pm-7:30pm)	(6:30pm-7:30pm)				(9:30am-10:30am)	
			June 2025			
MON	TUE	WED	THUR	FRI	SAT	SUN
						1 June
						Aqua Aerobics (8:00am-9:00am)
						(8:00am-9:00am) Pilates
						(8:00am-9:00am) Pilates (9:30am-10:30am)
	3 June	4 June	5 June	6 June	7 June	(8:00am-9:00am) Pilates
ilates	3 June Aqua Zumba (12:30pm-1:30pm)	4 June	5 June Aqua Zumba (6:30pm-7:30pm)	6 June	7 June	(8:00am-9:00am) Pilates (9:30am-10:30am)
ilates 5:30pm-6:30pm) qua Aerobics	Aqua Zumba (12:30pm-1:30pm) Pilates	4 June	Aqua Zumba	6 June	7 June	(8:00am-9:00am) Pilates (9:30am-10:30am)
ilates 5:30pm-6:30pm) qua Aerobics	Aqua Zumba (12:30pm-1:30pm)	4 June	Aqua Zumba	6 June	7 June	(8:00am-9:00am) Pilates (9:30am-10:30am)
ilates 5:30pm-6:30pm) Aqua Aerobics 5:30pm-7:30pm)	Aqua Zumba (12:30pm-1:30pm) Pilates	4 June 11 June	Aqua Zumba	6 June 13 June	7 June 14 June	(8:00am-9:00am) Pilates (9:30am-10:30am)
Superint States	Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)		Aqua Zumba (6:30pm-7:30pm) 12 June Aqua Zumba			(8:00am-9:00am) Pilates (9:30am-10:30am) 8 June
ilates 5:30pm-6:30pm) iqua Aerobics 5:30pm-7:30pm)	Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) 10 June Aqua Zumba (12:30pm-1:30pm) Pilates		Aqua Zumba (6:30pm-7:30pm) 12 June	13 June Aqua Aerobics	14 June Aqua Aerobics (8:00am-9:00am) Pilates	(8:00am-9:00am) Pilates (9:30am-10:30am) 8 June
lates :30pm-6:30pm) qua Aerobics :30pm-7:30pm)	Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) 10 June Aqua Zumba (12:30pm-1:30pm)		Aqua Zumba (6:30pm-7:30pm) 12 June Aqua Zumba	13 June Aqua Aerobics	14 June Aqua Aerobics (8:00am-9:00am)	(8:00am-9:00am) Pilates (9:30am-10:30am) 8 June
ilates :30pm-6:30pm) qua Aerobics :30pm-7:30pm) June 6 June	Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) 10 June Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) Pilates (6:30pm-7:30pm) 17 June		Aqua Zumba (6:30pm-7:30pm) 12 June Aqua Zumba (6:30pm-7:30pm) 19 June	13 June Aqua Aerobics (6:30pm-7:30pm) 20 June	14 June Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) 21 June	(8:00am-9:00am) Pilates (9:30am-10:30am) 8 June
ilates 5:30pm-6:30pm) qua Aerobics 5:30pm-7:30pm)	Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) 10 June Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	11 June	Aqua Zumba (6:30pm-7:30pm) 12 June Aqua Zumba (6:30pm-7:30pm)	13 June Aqua Aerobics (6:30pm-7:30pm)	14 June Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	(8:00am-9:00am) Pilates (9:30am-10:30am) 8 June 15 June
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lates :30pm-6:30pm) qua Aerobics :30pm-7:30pm) June 6 June lates :30pm-6:30pm) qua Aerobics :30pm-7:30pm)	Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) 10 June Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) 17 June Aqua Zumba (12:30pm-1:30pm) Pilates	11 June	Aqua Zumba (6:30pm-7:30pm) 12 June Aqua Zumba (6:30pm-7:30pm) 19 June Aqua Zumba	13 June Aqua Aerobics (6:30pm-7:30pm) 20 June Aqua Aerobics	14 June Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) 21 June Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	<pre>(8:00am-9:00am) Pilates (9:30am-10:30am) 8 June 15 June 22 June </pre>
ilates i:30pm-6:30pm) qua Aerobics i:30pm-7:30pm) June 6 June ilates i:30pm-6:30pm) qua Aerobics i:30pm-7:30pm) 3 June qua Aerobics	Aqua Zumba (12:30pm-1:30pm)Pilates (6:30pm-7:30pm)10 June Aqua Zumba (12:30pm-1:30pm)Pilates (6:30pm-7:30pm)17 June Aqua Zumba (12:30pm-1:30pm)Pilates (6:30pm-7:30pm)12 June Aqua Zumba (12:30pm-1:30pm)Pilates (6:30pm-7:30pm)24 June Aqua ZumbaAqua Zumba (12:30pm-7:30pm)	11 June 18 June	Aqua Zumba (6:30pm-7:30pm) 12 June Aqua Zumba (6:30pm-7:30pm) 19 June Aqua Zumba (6:30pm-7:30pm) 26 June Aqua Zumba	13 June Aqua Aerobics (6:30pm-7:30pm) 20 June Aqua Aerobics (6:30pm-7:30pm) 27 June Aqua Aerobics 400 Aqua Aerobics	14 June Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) 21 June Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) 28 June Aqua Aerobics Aqua Aerobics	(8:00am-9:00am) Pilates (9:30am-10:30am) 8 June 15 June
ilates i:30pm-6:30pm) qua Aerobics i:30pm-7:30pm) June 6 June ilates	Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) 10 June Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) 17 June Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) 17 June Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) 24 June	11 June 18 June	Aqua Zumba (6:30pm-7:30pm)12 JuneAqua Zumba (6:30pm-7:30pm)19 JuneAqua Zumba (6:30pm-7:30pm)26 June	13 June Aqua Aerobics (6:30pm-7:30pm) 20 June Aqua Aerobics (6:30pm-7:30pm) 27 June	14 JuneAqua Aerobics (8:00am-9:00am)Pilates (9:30am-10:30am)21 JuneAqua Aerobics (8:00am-9:00am)Pilates (9:30am-10:30am)Pilates (9:30am-10:30am)28 June	<pre>(8:00am-9:00am) Pilates (9:30am-10:30am) 8 June 15 June 22 June </pre>

30 June Aqua Aerobics 6:30pm-7:30pm) Pilates 5:30pm-6:30pm)						
			July 2025			
MON	TUE 1 July	WED 2 July	THUR 3 July	FRI 4 July	SAT 5 July	SUN
	Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	2 outy	Aqua Zumba (6:30pm-7:30pm)	Aqua Aerobics (6:30pm-7:30pm)	Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	END OF TERM 2
						Enfield Aquatic Centre