

Challenge yourself

Stay healthy and grow stronger with us

April 2025

MON	TUE	WED	THUR	FRI	SAT	SUN
28 April Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm)	29 April Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	30 April				

May 2025

MON	TUE	WED	THUR	FRI	SAT	SUN
			1 May Aqua Zumba (6:30pm-7:30pm)	2 May Aqua Aerobics (6:30pm-7:30pm)	3 May Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	4 May
5 May Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm)	6 May Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	7 May	8 May Aqua Zumba (6:30pm-7:30pm)	9 May Aqua Aerobics (6:30pm-7:30pm)	10 May Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	11 May
12 May Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm)	13 May Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	14 May	15 May Aqua Zumba (6:30pm-7:30pm)	16 May Aqua Aerobics (6:30pm-7:30pm)	17 May Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	18 May
19 May Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm)	20 May Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	21 May	22 May Aqua Zumba (6:30pm-7:30pm)	23 May Aqua Aerobics (6:30pm-7:30pm)	24 May Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	25 May
26 May Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm)	27 May Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	28 May	29 May Aqua Zumba (6:30pm-7:30pm)	30 May Aqua Aerobics (6:30pm-7:30pm)	31 May Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	

June 2025

MON	TUE	WED	THUR	FRI	SAT	SUN
						1 June Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)
2 June Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm)	3 June Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	4 June	5 June Aqua Zumba (6:30pm-7:30pm)	6 June	7 June	8 June
9 June	10 June Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	11 June	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)	15 June
16 June Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm)	17 June Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	18 June	19 June Aqua Zumba (6:30pm-7:30pm)	20 June Aqua Aerobics (6:30pm-7:30pm)	21 June Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	22 June
23 June Aqua Aerobics (6:30pm-7:30pm) Pilates (5:30pm-6:30pm)	24 June Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	25 June	26 June Aqua Zumba (6:30pm-7:30pm)	27 June Aqua Aerobics (6:30pm-7:30pm)	28 June Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	29 June

30 June Aqua Aerobics (6:30pm-7:30pm) Pilates (5:30pm-6:30pm)	
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July 2025

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

