

# Challenge yourself

Stay healthy and grow stronger with us

# October 2024

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

# November 2024

MON	TUE	WED	THUR	FRI	SAT	SUN
				<b>1 November</b> Aqua Aerobics (6:30pm-7:30pm)	<b>02 November</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	<b>3 November</b>
<b>4 November</b> Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm)	<b>5 November</b> Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	<b>6 November</b> Aqua Zumba (12:30pm-1:30pm)	<b>7 November</b> Aqua Zumba (6:30pm-7:30pm)	<b>8 November</b> Aqua Aerobics (6:30pm-7:30pm)	<b>9 November</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	<b>10 November</b>
<b>11 November</b> Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm)	<b>12 November</b> Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	<b>13 November</b> Aqua Zumba (12:30pm-1:30pm)	<b>14 November</b> Aqua Zumba (6:30pm-7:30pm)	<b>15 November</b> Aqua Aerobics (6:30pm-7:30pm)	<b>16 November</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	<b>17 November</b>
<b>18 November</b> Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm)	<b>19 November</b> Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	<b>20 November</b> Aqua Zumba (12:30pm-1:30pm)	<b>21 November</b> Aqua Zumba (6:30pm-7:30pm)	<b>22 November</b> Aqua Aerobics (6:30pm-7:30pm)	<b>23 November</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	<b>24 November</b>
<b>25 November</b> Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm)	<b>26 November</b> Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	<b>27 November</b> Aqua Zumba (12:30pm-1:30pm)	<b>28 November</b> Aqua Zumba (6:30pm-7:30pm)	<b>29 November</b> Aqua Aerobics (6:30pm-7:30pm)	<b>30 November</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	

# December 2024

MON	TUE	WED	THUR	FRI	SAT	SUN
						<b>1 December</b>
<b>2 December</b> Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm)	<b>3 December</b> Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	<b>4 December</b> Aqua Zumba (12:30pm-1:30pm)	<b>5 December</b> Aqua Zumba (6:30pm-7:30pm)	<b>6 December</b> Aqua Aerobics (6:30pm-7:30pm)	<b>7 December</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	<b>8 December</b>
<b>9 December</b> Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm)	<b>10 December</b> Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	<b>11 December</b> Aqua Zumba (12:30pm-1:30pm)	<b>12 December</b> Aqua Zumba (6:30pm-7:30pm)	<b>13 December</b> Aqua Aerobics (6:30pm-7:30pm)	<b>14 December</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	<b>15 December</b>
<b>16 December</b> Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm)	<b>17 December</b> Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	<b>18 December</b> Aqua Zumba (12:30pm-1:30pm)	<b>19 December</b> Aqua Zumba (6:30pm-7:30pm)	<b>20 December</b> Aqua Aerobics (6:30pm-7:30pm)	<b>21 December</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	<b>END OF TERM 4</b>