Challenge y	ourself		January 2025				
tay healthy and grow stronger with MON	TUE	WED	THUR	FRI	SAT	SUN	
	28 January	29 January	30 January	31 January			
	Pilates (6:30pm-7:30pm)		Aqua Zumba (6:30pm-7:30pm	Aqua Aerobics (6:30pm-7:30pm)			
	<b>Aqua Zumba</b> (12:30pm-1:30pm						
	(12.30pm-1.30pm						
			February 202	25			
MON	TUE	WED	THUR	FRI	SAT	SUN	
					01 February	2 February	
					Aqua Aerobics (8:00am-9:00am)		
					<b>Pilates</b> (9:30am-10:30am)		
February	4 February	5 February	6 February	7 February	8 February	9 February	
ilates	Aqua Zumba	orosidary	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)		
A <b>qua Aerobics</b> 6:30pm-7:30pm)	<b>Pilates</b> (6:30pm-7:30pm)				<b>Pilates</b> (9:30am-10:30am)		
0 February	11 February	12 February	13 February	14 February	15 February	16 February	
lates	Aqua Zumba		Aqua Zumba	Aqua Aerobics	Aqua Aerobics		
5:30pm-6:30pm) Aqua Aerobics	(12:30pm-1:30pm)		(6:30pm-7:30pm)	(6:30pm-7:30pm)	(8:00am-9:00am) Pilates		
6:30pm-7:30pm)	<b>Pilates</b> (6:30pm-7:30pm)				(9:30am-10:30am)		
7 February	18 February	19 February	20 February	21 February	22 February	23 February	
ilates	Aqua Zumba		Aqua Zumba	Aqua Aerobics	Aqua Aerobics		
5:30pm-6:30pm) Aqua Aerobics	(12:30pm-1:30pm) Pilates		(6:30pm-7:30pm)	(6:30pm-7:30pm)	(8:00am-9:00am) Pilates		
5:30pm-7:30pm)	(6:30pm-7:30pm)				(9:30am-10:30am)		
4 February	25 February	26 February	27 February	28 February			
<b>'ilates</b> 5:30pm-6:30pm)	Aqua Zumba (12:30pm-1:30pm)		Aqua Zumba (6:30pm-7:30pm)	Aqua Aerobics (6:30pm-7:30pm)			
	Pilates						
6:30pm-7:30pm)	(6:30pm-7:30pm)						
			March 2025	5			
MON	TUE	WED	THUR	FRI	SAT	SUN	
					1 March	2 March	
					Aqua Aerobics (8:00am-9:00am)		
					<b>Pilates</b> (9:30am-10:30am)		
March							
watch	4 March	5 March	6 March	7 March	8 March	9 March	
Pilates	Aqua Zumba	5 March	Aqua Zumba	Aqua Aerobics	Aqua Aerobics	9 March	
ilates 5:30pm-6:30pm) iqua Aerobics	Aqua Zumba (12:30pm-1:30pm) Pilates	5 March			Aqua Aerobics (8:00am-9:00am) Pilates	9 March	
Pilates 5:30pm-6:30pm) Aqua Aerobics	<b>Aqua Zumba</b> (12:30pm-1:30pm)	5 March	Aqua Zumba	Aqua Aerobics	Aqua Aerobics (8:00am-9:00am)	9 March	
Pilates 5:30pm-6:30pm) Aqua Aerobics 6:30pm-7:30pm)	Aqua Zumba (12:30pm-1:30pm) Pilates	5 March 12 March	Aqua Zumba	Aqua Aerobics	Aqua Aerobics (8:00am-9:00am) Pilates	9 March 16 March	
Pilates 5:30pm-6:30pm) Aqua Aerobics 6:30pm-7:30pm) I O March Pilates	<b>Aqua Zumba</b> (12:30pm-1:30pm) <b>Pilates</b> (6:30pm-7:30pm)		Aqua Zumba (6:30pm-7:30pm) 13 March Aqua Zumba	Aqua Aerobics (6:30pm-7:30pm)	Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)		
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31	March
51	wiai CII

Aqua Aerobics (6:30pm-7:30pm)

Pilates (5:30pm-6:30pm)

April 2025											
MON	TUE	WED	THUR	FRI	SAT	SUN					
	1 April	2 April	3 April	4 April	5 April	6 April					
	Aqua Zumba (12:30pm-1:30pm)		Aqua Zumba (6:30pm-7:30pm)	Aqua Aerobics (6:30pm-7:30pm)	Aqua Aerobics (8:00am-9:00am)						
	Pilates (6:30pm-7:30pm)				<b>Pilates</b> (9:30am-10:30am)						
April	8 April	9 April	10 April	11 April	12 April						
a <b>qua Aerobics</b> 5:30pm-7:30pm)	<b>Aqua Zumba</b> (12:30pm-1:30pm)		<b>Aqua Zumba</b> (6:30pm-7:30pm)	Aqua Aerobics (6:30pm-7:30pm)	Aqua Aerobics (8:00am-9:00am)	END OF TERM					
<b>Pilates</b> 5:30pm-6:30pm)	Pilates (6:30pm-7:30pm)				<b>Pilates</b> (9:30am-10:30am)						

