

# Challenge yourself

Stay healthy and grow stronger with us

# January 2025

MON	TUE	WED	THUR	FRI	SAT	SUN
	<b>28 January</b> Pilates (6:30pm-7:30pm) Aqua Zumba (12:30pm-1:30pm)	<b>29 January</b>	<b>30 January</b> Aqua Zumba (6:30pm-7:30pm)	<b>31 January</b> Aqua Aerobics (6:30pm-7:30pm)		

# February 2025

MON	TUE	WED	THUR	FRI	SAT	SUN
					<b>01 February</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	<b>2 February</b>
<b>3 February</b> Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm)	<b>4 February</b> Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	<b>5 February</b>	<b>6 February</b> Aqua Zumba (6:30pm-7:30pm)	<b>7 February</b> Aqua Aerobics (6:30pm-7:30pm)	<b>8 February</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	<b>9 February</b>
<b>10 February</b> Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm)	<b>11 February</b> Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	<b>12 February</b>	<b>13 February</b> Aqua Zumba (6:30pm-7:30pm)	<b>14 February</b> Aqua Aerobics (6:30pm-7:30pm)	<b>15 February</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	<b>16 February</b>
<b>17 February</b> Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm)	<b>18 February</b> Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	<b>19 February</b>	<b>20 February</b> Aqua Zumba (6:30pm-7:30pm)	<b>21 February</b> Aqua Aerobics (6:30pm-7:30pm)	<b>22 February</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	<b>23 February</b>
<b>24 February</b> Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm)	<b>25 February</b> Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	<b>26 February</b>	<b>27 February</b> Aqua Zumba (6:30pm-7:30pm)	<b>28 February</b> Aqua Aerobics (6:30pm-7:30pm)		

# March 2025

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

<b>31 March</b> <b>Aqua Aerobics</b> (6:30pm-7:30pm) <b>Pilates</b> (5:30pm-6:30pm)	
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## April 2025

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