

Challenge yourself

July 2024

Stay healthy and grow stronger with us

MON	TUE	WED	THUR	FRI	SAT	SUN
22 July	23 JULY Aqua Zumba (12:30pm-1:30pm) <i>*Aqua Zumba in Indoor 25m Pool*</i>	24 JULY Aqua Zumba (12:30pm-1:30pm) <i>*Aqua Zumba in Indoor 25m Pool*</i>	25 JULY Aqua Zumba (6:30pm-7:30pm) <i>*Aqua Zumba in Indoor 25m Pool*</i>	26 July	27 July	28 July
29 July	30 JULY Aqua Zumba (12:30pm-1:30pm) <i>*Aqua Zumba in Indoor 25m Pool*</i>	31 JULY Aqua Zumba (12:30pm-1:30pm) <i>*Aqua Zumba in Indoor 25m Pool*</i>				

August 2024

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

September 2024

MON	TUE	WED	THUR	FRI	SAT	SUN
						1 September
2 SEPTEMBER Aqua Aerobics (6:30pm-7:30pm) Pilates (5:30pm-6:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	3 SEPTEMBER Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) <i>*Aqua Zumba in Indoor 25m Pool*</i>	4 SEPTEMBER Aqua Zumba (12:30pm-1:30pm) <i>*Aqua Zumba in Indoor 25m Pool*</i>	5 SEPTEMBER Aqua Zumba (6:30pm-7:30pm) <i>*Aqua Zumba in Indoor 25m Pool*</i>	6 SEPTEMBER Aqua Aerobics (6:30pm-7:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	7 SEPTEMBER Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	8 September
9 SEPTEMBER Aqua Aerobics (6:30pm-7:30pm) Pilates (5:30pm-6:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	10 SEPTEMBER Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) <i>*Aqua Zumba in Indoor 25m Pool*</i>	11 SEPTEMBER Aqua Zumba (12:30pm-1:30pm) <i>*Aqua Zumba in Indoor 25m Pool*</i>	12 SEPTEMBER Aqua Zumba (6:30pm-7:30pm) <i>*Aqua Zumba in Indoor 25m Pool*</i>	13 SEPTEMBER Aqua Aerobics (6:30pm-7:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	14 SEPTEMBER Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	15 September
16 SEPTEMBER Aqua Aerobics (6:30pm-7:30pm) Pilates (5:30pm-6:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	17 SEPTEMBER Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) <i>*Aqua Zumba in Indoor 25m Pool*</i>	18 SEPTEMBER Aqua Zumba (12:30pm-1:30pm) <i>*Aqua Zumba in Indoor 25m Pool*</i>	19 SEPTEMBER Aqua Zumba (6:30pm-7:30pm) <i>*Aqua Zumba in Indoor 25m Pool*</i>	20 SEPTEMBER Aqua Aerobics (6:30pm-7:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	21 SEPTEMBER Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	22 September
23 SEPTEMBER Aqua Aerobics (6:30pm-7:30pm) Pilates (5:30pm-6:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	24 SEPTEMBER Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) <i>*Aqua Zumba in Indoor 25m Pool*</i>	25 SEPTEMBER Aqua Zumba (12:30pm-1:30pm) <i>*Aqua Zumba in Indoor 25m Pool*</i>	26 SEPTEMBER Aqua Zumba (6:30pm-7:30pm) <i>*Aqua Zumba in Indoor 25m Pool*</i>	27 SEPTEMBER Aqua Aerobics (6:30pm-7:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	28 SEPTEMBER Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	END OF TERM 3