

Challenge yourself

October 2024

Stay healthy and grow stronger with us

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

November 2024

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

December 2024

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