

AQUATICS CLASSES TIMETABLE

Effective:
23/12/2024 – 29/12/2024

	MON 23	TUES 24	WED 25	THURS 26	FRI 27	SAT 28	SUN 29	
MORNING SESSIONS		AQUA BLAST 7:00am - 7:45am	M E R R Y C H R I S T M A S		DEEP WATER AQUA 7:00am - 7:45am	AQUA FOR ALL 7:00am - 7:45am		
						AQUA FOR ALL 8:00am - 8:45am		
		DEEP WATER AQUA 9:00am - 9:45am						
					AQUA FOR ALL 11:00am – 11.45am	DEEP WATER AQUA 9:00am – 9:45am		
AFTERNOON SESSIONS	AQUA BLAST 12:00pm - 12:45pm			AQUA FOR ALL 11:00am – 11.45am	AQUA BLAST 12:00pm - 12:45pm			
	AQUA STRETCH & STRENGTH 1:00pm - 1:45pm				AQUA STRETCH & STRENGTH 1:00pm - 1:45pm			
	AQUA BOXING 6.30pm - 7.15pm							

Book now through Active World!
Available to book five (5) days in advance

OUR TIMETABLES
ARE ALSO ONLINE!

SCAN ME




AQUATICS CLASSES DESCRIPTIONS

Effective:
29/12/2024 – 05/01/2025

	MON 30	TUES 31	WED 1	THURS 2	FRI 3	SAT 4	SUN 5
MORNING SESSIONS		AQUA BLAST 7:00am - 7:45am	H A P P Y N E W			AQUA FOR ALL 7:00am - 7:45am	
						AQUA FOR ALL 8:00am - 8:45am	
		DEEP WATER AQUA 9:00am - 9:45am			AQUA FOR ALL 9:00am - 9:45am		
				AQUA for all 11:00pm - 11:45pm		DEEP WATER AQUA 9:00am - 9:45am	
AFTERNOON SESSIONS	AQUA BLAST 12:00pm - 12:45pm		AQUA Bootcamp 12:00pm - 12:45pm		AQUA BLAST 12:00pm - 12:45pm		
	AQUA STRETCH & STRENGTH 1:00pm - 1:45pm		AQUA STRETCH & STRENGTH 12:00pm - 12:45pm		AQUA STRETCH & STRENGTH 1:00pm - 1:45pm		
			Y E A R				

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