

GROUP EXERCISE CLASSES

TIMETABLE

FROM JANUARY 2025

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA AEROBICS	9:00am	GENTLE EXERCISE	GENTLE MOVERS	AQUA	AQUA	GENTLE MOVERS		
	6:15PM		AQUA					

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.