

FITNESS PROGRAMS – OCTOBER 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13 AQUA AEROBICS (6:30pm – 7:30pm) PILATES (5:30pm – 6:30pm)	14 AQUA ZUMBA (12:30pm – 1:30pm) PILATES (6:30pm – 7:30pm)	15	16 AQUA ZUMBA (6:30pm – 7:30pm)	17 AQUA AEROBICS (6:00pm – 7:00pm)	18 AQUA AEROBICS (8:00am – 9:00am) PILATES (9:30am – 10:30am)
19	20 AQUA AEROBICS (6:30pm – 7:30pm) PILATES (5:30pm – 6:30pm)	21 AQUA ZUMBA (12:30pm – 1:30pm) PILATES (6:30pm – 7:30pm)	22	23 AQUA ZUMBA (6:30pm – 7:30pm)	24 AQUA AEROBICS (6:00pm – 7:00pm)	25 AQUA AEROBICS (8:00am – 9:00am) PILATES (9:30am – 10:30am)
26	27 AQUA AEROBICS (6:30pm – 7:30pm) PILATES (5:30pm – 6:30pm)	28 AQUA ZUMBA (12:30pm – 1:30pm) PILATES (6:30pm – 7:30pm)	29	30 AQUA ZUMBA (6:30pm – 7:30pm)	31 AQUA AEROBICS (6:00pm – 7:00pm)	

FITNESS PROGRAMS – NOVEMBER 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 AQUA AEROBICS (8:00am – 9:00am) PILATES (9:30am – 10:30am)
2	3 AQUA AEROBICS (6:30pm – 7:30pm) PILATES (5:30pm – 6:30pm)	4 AQUA ZUMBA (12:30pm – 1:30pm) PILATES (6:30pm – 7:30pm)	5	6 AQUA ZUMBA (6:30pm – 7:30pm)	7 AQUA AEROBICS (6:00pm – 7:00pm)	8 AQUA AEROBICS (8:00am – 9:00am) PILATES (9:30am – 10:30am)
9	10 AQUA AEROBICS (6:30pm – 7:30pm) PILATES (5:30pm – 6:30pm)	11 AQUA ZUMBA (12:30pm – 1:30pm) PILATES (6:30pm – 7:30pm)	12	13 AQUA ZUMBA (6:30pm – 7:30pm)	14 AQUA AEROBICS (6:00pm – 7:00pm)	15 AQUA AEROBICS (8:00am – 9:00am) PILATES (9:30am – 10:30am)
16	17 AQUA AEROBICS (6:30pm – 7:30pm) PILATES (5:30pm – 6:30pm)	18 AQUA ZUMBA (12:30pm – 1:30pm) PILATES (6:30pm – 7:30pm)	19	20 AQUA ZUMBA (6:30pm – 7:30pm)	21 AQUA AEROBICS (6:00pm – 7:00pm)	22 AQUA AEROBICS (8:00am – 9:00am) PILATES (9:30am – 10:30am)
23	24 AQUA AEROBICS (6:30pm – 7:30pm) PILATES (5:30pm – 6:30pm)	25 AQUA ZUMBA (12:30pm – 1:30pm) PILATES (6:30pm – 7:30pm)	26	27 AQUA ZUMBA (6:30pm – 7:30pm)	28 AQUA AEROBICS (6:00pm – 7:00pm)	29 AQUA AEROBICS (8:00am – 9:00am) PILATES (9:30am – 10:30am)
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FITNESS PROGRAMS – DECEMBER 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 AQUA AEROBICS (6:30pm – 7:30pm) PILATES (5:30pm – 6:30pm)	2 AQUA ZUMBA (12:30pm – 1:30pm) PILATES (6:30pm – 7:30pm)	3	4 AQUA ZUMBA (6:30pm – 7:30pm)	5 AQUA AEROBICS (6:00pm – 7:00pm)	6 AQUA AEROBICS (8:00am – 9:00am) PILATES (9:30am – 10:30am)
7	8 AQUA AEROBICS (6:30pm – 7:30pm) PILATES (5:30pm – 6:30pm)	9 AQUA ZUMBA (12:30pm – 1:30pm) PILATES (6:30pm – 7:30pm)	10	11 AQUA ZUMBA (6:30pm – 7:30pm)	12 AQUA AEROBICS (6:00pm – 7:00pm)	13 AQUA AEROBICS (8:00am – 9:00am) PILATES (9:30am – 10:30am)
14	15 AQUA AEROBICS (6:30pm – 7:30pm) PILATES (5:30pm – 6:30pm)	16 AQUA ZUMBA (12:30pm – 1:30pm) PILATES (6:30pm – 7:30pm)	17	18 AQUA ZUMBA (6:30pm – 7:30pm)	19 AQUA AEROBICS (6:00pm – 7:00pm)	20 AQUA AEROBICS (8:00am – 9:00am) PILATES (9:30am – 10:30am)
21 TERM 4 ENDS	22	23	24	25	26	27
28	29	30	31			