

# FITNESS PROGRAMS – JULY 2025



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

# FITNESS PROGRAMS – AUGUST 2025



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

# FITNESS PROGRAMS – SEPTEMBER 2025



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