Challenge y	ourself		April 2025			
Stay healthy and grow stronger wit MON	th us TUE	WED	THUR	FRI	SAT	SUN
28 April	29 April	30 April				
Pilates (5:30pm-6:30pm)	Aqua Zumba (12:30pm-1:30pm)					
Aqua Aerobics (6:30pm-7:30pm)	Pilates (6:30pm-7:30pm)					
(0.30pm-7.30pm)						
			May 2025			
MON	TUE	WED	THUR	FRI	SAT	SUN
			1 May	2 May	3 May	4 May
			Aqua Zumba (6:30pm-7:30pm)	Aqua Aerobics (6:00pm-7:00pm)	Aqua Aerobics (8:00am-9:00am)	
					Pilates (9:30am-10:30am)	
5 May	6 May	7 May	8 May	9 May	10 May	11 May
Pilates 5:30pm-6:30pm)	Aqua Zumba		Aqua Zumba (6:30pm-7:30pm)	Aqua Aerobics	Aqua Aerobics (8:00am-9:00am)	
Aqua Aerobics	(12:30pm-1:30pm) Pilates			(6:00pm-7:00pm)	Pilates	
(6:30pm-7:30pm)	(6:30pm-7:30pm)				(9:30am-10:30am)	
12 May	13 May	14 May	15 May	16 May	17 May	18 May
Pilates (5:30pm-6:30pm)	Aqua Zumba		Aqua Zumba (6:30pm-7:30pm)	Aqua Aerobics (6:00pm-7:00pm)	Aqua Aerobics (8:00am-9:00am)	
Aqua Aerobics	(12:30pm-1:30pm) Pilates		(0.sopm-r.sopm)		Pilates	
(6:30pm-7:30pm)	(6:30pm-7:30pm)				(9:30am-10:30am)	
19 May	20 May	21 May	22 May	23 May	24 May	25 May
Pilates (5:30pm-6:30pm)	Aqua Zumba (12:30pm-1:30pm)		Aqua Zumba (6:30pm-7:30pm)	Aqua Aerobics (6:00pm-7:00pm)	Aqua Aerobics (8:00am-9:00am)	
Aqua Aerobics	Pilates				Pilates	
(6:30pm-7:30pm)	(6:30pm-7:30pm)				(9:30am-10:30am)	
26 May	27 May	28 May	29 May	30 May	31 May	
Pilates (5:30pm-6:30pm)	Aqua Zumba (12:30pm-1:30pm)		Aqua Zumba (6:30pm-7:30pm)	Aqua Aerobics (6:00pm-7:00pm)	Aqua Aerobics (8:00am-9:00am)	
Aqua Aerobics (6:30pm-7:30pm)	Pilates (6:30pm-7:30pm)				Pilates (9:30am-10:30am)	
			June 2025			
MON	TUE	WED	THUR	FRI	SAT	SUN 1 June
					- ·	
2 June Pilates	3 June Aqua Zumba	4 June	5 June Aqua Zumba	6 June	7 June	8 June
5:30pm-6:30pm)	(12:30pm-1:30pm)		(6:30pm-7:30pm)			
Aqua Aerobics (6:30pm-7:30pm)	Pilates (6:30pm-7:30pm)					
						15 June
June	10 June	11 June	12 June	13 June	14 June	
9 June	10 June Aqua Zumba	11 June	12 June Aqua Zumba	13 June Aqua Aerobics	14 June Aqua Aerobics	15 June
) June	Aqua Zumba (12:30pm-1:30pm)	11 June	12 June Aqua Zumba (6:30pm-7:30pm)		Aqua Aerobics (8:00am-9:00am)	15 June
) June	Aqua Zumba	11 June	Aqua Zumba	Aqua Aerobics	Aqua Aerobics	15 June
	Aqua Zumba (12:30pm-1:30pm) Pilates	11 June 18 June	Aqua Zumba	Aqua Aerobics	Aqua Aerobics (8:00am-9:00am) Pilates	15 June 22 June
16 June Pilates	Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) 17 June Aqua Zumba		Aqua Zumba (6:30pm-7:30pm) 19 June Aqua Zumba	Aqua Aerobics (6:00pm-7:00pm) 20 June Aqua Aerobics	Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) 21 June Aqua Aerobics	
9 June 16 June Pilates (5:30pm-6:30pm) Aqua Aerobics	Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) 17 June Aqua Zumba (12:30pm-1:30pm) Pilates		Aqua Zumba (6:30pm-7:30pm) 19 June	Aqua Aerobics (6:00pm-7:00pm) 20 June	Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) 21 June Aqua Aerobics (8:00am-9:00am) Pilates	
16 June Pilates 5:30pm-6:30pm) Aqua Aerobics	Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) 17 June Aqua Zumba (12:30pm-1:30pm)		Aqua Zumba (6:30pm-7:30pm) 19 June Aqua Zumba	Aqua Aerobics (6:00pm-7:00pm) 20 June Aqua Aerobics	Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) 21 June Aqua Aerobics (8:00am-9:00am)	
16 June Pilates 5:30pm-6:30pm) Aqua Aerobics 6:30pm-7:30pm)	Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) 17 June Aqua Zumba (12:30pm-1:30pm) Pilates		Aqua Zumba (6:30pm-7:30pm) 19 June Aqua Zumba	Aqua Aerobics (6:00pm-7:00pm) 20 June Aqua Aerobics	Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) 21 June Aqua Aerobics (8:00am-9:00am) Pilates	
16 June Pilates (5:30pm-6:30pm)	Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) 17 June Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)	18 June	Aqua Zumba (6:30pm-7:30pm) 19 June Aqua Zumba (6:30pm-7:30pm)	Aqua Aerobics (6:00pm-7:00pm) 20 June Aqua Aerobics (6:00pm-7:00pm)	Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) 21 June Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	22 June
16 June Pilates 5:30pm-6:30pm) Aqua Aerobics 6:30pm-7:30pm) 23 June Aqua Aerobics	Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) 17 June Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) 24 June Aqua Zumba	18 June	Aqua Zumba (6:30pm-7:30pm) 19 June Aqua Zumba (6:30pm-7:30pm) 26 June Aqua Zumba	Aqua Aerobics (6:00pm-7:00pm) 20 June Aqua Aerobics (6:00pm-7:00pm) 27 June Aqua Aerobics	Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) 21 June Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) 28 June Aqua Aerobics	22 June

30 June Aqua Aerobics (6:30pm-7:30pm) Pilates (5:30pm-6:30pm)					· · · · ·						
July 2025											
MON	TUE	WED	THUR	FRI	SAT	SUN					
	1 July Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm)		3 July Aqua Zumba (6:30pm-7:30pm)	Aqua Aerobics (6:00pm-7:00pm)	5 July Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am)	END OF TERM 2					
						Aquatic Centre					