

Challenge yourself

April 2025

Stay healthy and grow stronger with us

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|--|--|----------|------|-----|-----|-----|
| 28 April Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm) | 29 April Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) | 30 April | | | | |

May 2025

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|--|--|--------|---|--|---|--------|
| | | | 1 May Aqua Zumba (6:30pm-7:30pm) | 2 May Aqua Aerobics (6:00pm-7:00pm) | 3 May Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) | 4 May |
| 5 May Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm) | 6 May Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) | 7 May | 8 May Aqua Zumba (6:30pm-7:30pm) | 9 May Aqua Aerobics (6:00pm-7:00pm) | 10 May Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) | 11 May |
| 12 May Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm) | 13 May Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) | 14 May | 15 May Aqua Zumba (6:30pm-7:30pm) | 16 May Aqua Aerobics (6:00pm-7:00pm) | 17 May Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) | 18 May |
| 19 May Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm) | 20 May Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) | 21 May | 22 May Aqua Zumba (6:30pm-7:30pm) | 23 May Aqua Aerobics (6:00pm-7:00pm) | 24 May Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) | 25 May |
| 26 May Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm) | 27 May Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) | 28 May | 29 May Aqua Zumba (6:30pm-7:30pm) | 30 May Aqua Aerobics (6:00pm-7:00pm) | 31 May Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) | |

June 2025

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|---|---|---------|--|---|--|---------|
| | | | | | | 1 June |
| 2 June Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm) | 3 June Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) | 4 June | 5 June Aqua Zumba (6:30pm-7:30pm) | 6 June | 7 June | 8 June |
| 9 June | 10 June Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) | 11 June | 12 June Aqua Zumba (6:30pm-7:30pm) | 13 June Aqua Aerobics (6:00pm-7:00pm) | 14 June Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) | 15 June |
| 16 June Pilates (5:30pm-6:30pm) Aqua Aerobics (6:30pm-7:30pm) | 17 June Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) | 18 June | 19 June Aqua Zumba (6:30pm-7:30pm) | 20 June Aqua Aerobics (6:00pm-7:00pm) | 21 June Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) | 22 June |
| 23 June Aqua Aerobics (6:30pm-7:30pm) Pilates (5:30pm-6:30pm) | 24 June Aqua Zumba (12:30pm-1:30pm) Pilates (6:30pm-7:30pm) | 25 June | 26 June Aqua Zumba (6:30pm-7:30pm) | 27 June Aqua Aerobics (6:00pm-7:00pm) | 28 June Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:30am) | 29 June |

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|---|---|-------------------|---|--|--|--------------------------|
| <div><div>30 June</div><div>Aqua Aerobics (6:30pm-7:30pm)</div><div>Pilates (5:30pm-6:30pm)</div></div> | | | | | | |
| July 2025 | | | | | | |
| MON | TUE | WED | THUR | FRI | SAT | SUN |
| | <div>1 July</div> <div>Aqua Zumba (12:30pm-1:30pm)</div> <div>Pilates (6:30pm-7:30pm)</div> | <div>2 July</div> | <div>3 July</div> <div>Aqua Zumba (6:30pm-7:30pm)</div> | <div>4 July</div> <div>Aqua Aerobics (6:00pm-7:00pm)</div> | <div>5 July</div> <div>Aqua Aerobics (8:00am-9:00am)</div> <div>Pilates (9:30am-10:30am)</div> | <div>END OF TERM 2</div> |