Challenge you	urself	29th &	30th April / M	ay 2024		
Stay healthy and grow stronger with us MON	TUE	WED	THUR	FRI	SAT	SUN
9 APRIL	30 APRIL	1	2	3	4	5
Mums n Bubs	Pilates	Fit 4 Life	Aqua Zumba	Aqua Aerobics	Aqua Aerobics	
11:15am-12:15pm) Aqua Aerobics	(6:30pm-7:30pm) Aqua Zumba	(11:15am-12:15pm) Aqua Aerobics	(7:00pm-8:00pm)	(6:30pm-7:30pm)	(8:00am-9:00am) Pilates	
12:30pm-1:30pm & 6:30pm-7:30pm)	(7:00pm-8:00pm)	(12:30pm-1:30pm)			(9:30am-10:00am)	
5:30pm-6:30pm)	*Aqua Zumba in Program Pool*	*Aqua Aerobics in Indoor 25m Pool*	*Aqua Zumba in Program Pool*	*Aqua Aerobics in Indoor 25m Pool*	*Aqua Aerobics in Indoor 25m Pool*	
Aqua Aerobics in Indoor 25m Pool*			-			
6	7	8	9	10	11	12
Mums n Bubs (11:15am-12:15pm)	Pilates (6:30pm-7:30pm)	Fit 4 Life (11:15am-12:15pm)	Aqua Zumba (7:00pm-8:00pm)	Aqua Aerobics (6:30pm-7:30pm)	Aqua Aerobics (8:00am-9:00am)	
Aqua Aerobics 12:30pm-1:30pm & 6:30pm-7:30pm)	Aqua Zumba (7:00pm-8:00pm)	Aqua Aerobics (12:30pm-1:30pm)		(***1)	Pilates (9:30am-10:00am)	
Pilates 5:30pm-6:30pm)	*Aqua Zumba in Program Pool*	*Aqua Aerobics in Indoor 25m Pool*	*Aqua Zumba in Program Pool*	*Aqua Aerobics in Indoor 25m Pool*	*Aqua Aerobics in Indoor 25m Pool*	
Aqua Aerobics in Indoor 25m Pool*	,	,		,	,	
13	14	15	16	17	18	19
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Mums n Bubs 11:15am-12:15pm)	Pilates (6:30pm-7:30pm)	Fit 4 Life (11:15am-12:15pm)	Aqua Zumba (7:00pm-8:00pm)	Aqua Aerobics (6:30pm-7:30pm)	Aqua Aerobics (8:00am-9:00am)	
Aqua Aerobics 12:30pm-1:30pm & 6:30pm-7:30pm)	Aqua Zumba (7:00pm-8:00pm)	Aqua Aerobics (12:30pm-1:30pm)		(0.30pm+7.30pm)	Pilates (9:30am-10:00am)	
Pilates 5:30pm-6:30pm)	,	*Aqua Aerobics in Indoor 25m Pool*	*Aqua Zumba in Program Pool*	tana ambini in Indone Ofm Dealt	*Aqua Aerobics in Indoor 25m Pool*	
Aqua Aerobics in Indoor 25m Pool*	*Aqua Zumba in Program Pool*			*Aqua Aerobics in Indoor 25m Pool*	,	
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Pilates 5:30pm-6:30pm)	*Aqua Zumba in Program Pool*	*Aqua Aerobics in Indoor 25m Pool*	*Aqua Zumba in Program Pool*	*Aqua Aerobics in Indoor 25m Pool*	*Aqua Aerobics in Indoor 25m Pool*	
Aqua Aerobics in Indoor 25m Pool*						
27	28	29	30	31		
Mums n Bubs		Fit 4 Life				
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5:30pm-6:30pm)	*Aqua Zumba in Program Pool*	*Aqua Aerobics in Indoor 25m Pool*	*Aqua Zumba in Program Pool*			
Aqua Aerobics in Indoor 25m Pool						
			June 2024			
MON	TUE	WED	THUR	FRI	SAT	SUN
MON	TUE	WED	THOR	FNI		3014
					1	2
						2
					Aqua Aerobics (8:00am-9:00am)	2
					Aqua Aerobics	2
					Aqua Aerobics (8:00am-9:00am) Pilates	2
3	4	5	6	7	Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:00am) *Aqua Aerobics in Indoor 25m Pool*	9
		5 Fit 4 Life			Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:00am) *Aqua Aerobics in Indoor 25m Pool* 8	9
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