

# Challenge yourself

## 29th & 30th April / May 2024

Stay healthy and grow stronger with us

MON	TUE	WED	THUR	FRI	SAT	SUN
<b>29 APRIL</b> Mums n Bubs (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm & 6:30pm-7:30pm) Pilates (5:30pm-6:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>30 APRIL</b> Pilates (6:30pm-7:30pm) Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>1</b> Fit 4 Life (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>2</b> Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>3</b> Aqua Aerobics (6:30pm-7:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>4</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:00am) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>5</b>
<b>6</b> Mums n Bubs (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm & 6:30pm-7:30pm) Pilates (5:30pm-6:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>7</b> Pilates (6:30pm-7:30pm) Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>8</b> Fit 4 Life (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>9</b> Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>10</b> Aqua Aerobics (6:30pm-7:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>11</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:00am) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>12</b>
<b>13</b> Mums n Bubs (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm & 6:30pm-7:30pm) Pilates (5:30pm-6:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>14</b> Pilates (6:30pm-7:30pm) Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>15</b> Fit 4 Life (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>16</b> Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>17</b> Aqua Aerobics (6:30pm-7:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>18</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:00am) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>19</b>
<b>20</b> Mums n Bubs (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm & 6:30pm-7:30pm) Pilates (5:30pm-6:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>21</b> Pilates (6:30pm-7:30pm) Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>22</b> Fit 4 Life (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>23</b> Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>24</b> Aqua Aerobics (6:30pm-7:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>25</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:00am) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>26</b>
<b>27</b> Mums n Bubs (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm & 6:30pm-7:30pm) Pilates (5:30pm-6:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>28</b> Pilates (6:30pm-7:30pm) Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>29</b> Fit 4 Life (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>30</b> Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>31</b>		

## June 2024

MON	TUE	WED	THUR	FRI	SAT	SUN
					<b>1</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:00am) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>2</b>
<b>3</b> Mums n Bubs (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm & 6:30pm-7:30pm) Pilates (5:30pm-6:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>4</b> Pilates (6:30pm-7:30pm) Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>5</b> Fit 4 Life (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>6</b> Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>7</b> Aqua Aerobics (6:30pm-7:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>8</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:00am) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>9</b>
<b>10</b> PUBLIC HOLIDAY No Programs	<b>11</b> Pilates (6:30pm-7:30pm) Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>12</b> Fit 4 Life (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>13</b> Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>14</b> Aqua Aerobics (6:30pm-7:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>15</b> Aqua Aerobics (8:00am-9:00am) Pilates (9:30am-10:00am) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>16</b>
<b>17</b> Mums n Bubs (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>18</b> Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>19</b> Fit 4 Life (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>20</b> Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>21</b> No Programs	<b>22</b> No Programs	<b>23</b>
<b>24</b> Mums n Bubs (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>25</b> Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>26</b> Fit 4 Life (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>27</b> Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>28</b> No Programs	<b>29</b> No Programs	<b>30</b>

## July 2024

MON	TUE	WED	THUR	FRI	SAT	SUN
<b>1</b> Mums n Bubs (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>2</b> Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>3</b> Fit 4 Life (11:15am-12:15pm) Aqua Aerobics (12:30pm-1:30pm) <i>*Aqua Aerobics in Indoor 25m Pool*</i>	<b>4</b> Aqua Zumba (7:00pm-8:00pm) <i>*Aqua Zumba in Program Pool*</i>	<b>5</b> No Programs	<b>6</b> No Programs	<b>7</b> END OF TERM