

Water Aerobics Schedule

Water Aerobics Schedule									
Indoor Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	7.30am	Aquasize	Aquasize	Aquasize	Aquasize	Aquasize	8.30am	Aquasize Plus	Aquasize Plus
	8.30am	Aquasize	Aquasize	Aquasize	Aquasize	Aquasize			
	9.30am	Aquasize	Aquasize	Aquasize	Aquasize	Aquasize			
	10.30am	Hydro Therapy		Hydro Therapy		Hydro Therapy			
	12.00pm		Prenatal Water		Prenatal Water				
	1.00pm	Hydro Therapy		Hydro Therapy		Hydro Therapy			
	5.30pm	Aquasize							
Outdoor Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	8.30am	Aquasize	Water Running	Aquasize	Water Running	Aquasize			
Racquetball Foyer	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	9.00am		Sit and Get Fit		Sit and Get Fit				