

AQUA PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
6.45am - 7.30am ACTIVE AQUA AEROBICS	11.45am - 12.30pm DEEP WATER RUNNING	7.30am - 8.15pm GENTLE AQUA AEROBICS	12.30pm - 1.15pm DEEP WATER RUNNING	6.45am - 7.30am ACTIVE AQUA AEROBICS	10.30Am - 11.15am DEEP WATER RUNNING
7.30am - 8.15am GENTLE AQUA AEROBICS				7.30am - 8.15am GENTLE AQUA AEROBICS	
6.00pm - 6.45pm AQUA AEROBICS		6.00pm - 6.45pm AQUA AEROBICS			

CASUAL CLASS \$10

10 VISIT PASS \$90



REC CLUB