

# AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am				Aqua Exercise			
7am	Aqua HIIT	Deep Water Running	Aqua Exercise		Aqua HIIT		
7:10am						Deep Water Running	
7:15am				Deep Water Running			
8am	Aqua Exercise	Aqua HIIT	Aqua HIIT		Aqua Exercise		
8:05am						Aqua Exercise	
8:15am				Aqua HIIT			Deep Water Running
9am	Deep Water Running	Aqua Exercise	Deep Water Running	Aqua Exercise	Deep Water Running		
9:15am							Deep Water Running
5pm							Aqua Yoga
7:15pm			Deep Water Running				



SCAN HERE TO BOOK  
VIA OUR CLIENT  
PORTAL

*This timetable is subject to change.*