

AQUA CLASSES

STAFFED HOURS	5am - 8pm	5am - 8pm	5am - 8pm	5am - 8pm	5am - 6.30pm	6am - 4pm	7am - 4pm
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM
6:00 AM	MEMBER SWIM		MEMBER SWIM		MEMBER SWIM	MEMBER SWIM	MEMBER SWIM
7:15AM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM		MEMBER SWIM
8.15AM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM			MEMBER SWIM
9.00AM							MEMBER SWIM
10:00 AM							MEMBER SWIM
12:00 PM						MEMBER SWIM	MEMBER SWIM
2:00 PM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM
3.30 PM					MEMBER SWIM	MEMBER SWIM	MEMBER SWIM
5.30 PM					MEMBER SWIM		
6.00 PM					MEMBER SWIM		
6.15 PM					MEMBER SWIM		
6.30 PM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM			
7:45 PM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM	MEMBER SWIM			

BOOK YOUR CLASS USING QR CODE PROVIDED

Our aqua classes use the resistance of the water to provide a full body workout.

To further activate your muscles, water dumbbells and noodle options are available making aqua a workout for everyone.

Please check online timetable for correct times before booking.