

AQUA AEROBICS CLASSES FROM MONDAY 17th JANUARY 2022

ALL IN THE LAP POOL, MEMBERS MUST BOOK 85632766

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.30am				CARDIO AQUA*⁽⁴⁵⁾ Lisa – Lap Pool MUST BOOK	
7:45am		CARDIO AQUA*⁽⁴⁵⁾ Lisa – Lap Pool MUST BOOK			
8.45am	CARDIO AQUA*⁽⁴⁵⁾ Lisa – Lap Pool MUST BOOK		DEEP WATER*⁽⁴⁵⁾ Lisa – Lap Pool MUST BOOK		DEEP WATER*⁽⁴⁵⁾ Lisa – Lap Pool MUST BOOK
6.30pm			CARDIO AQUA*⁽⁴⁵⁾ Lisa – Lap Pool MUST BOOK		

If you book and circumstances change please call to cancel so we can notify people on the waiting list.