

ALTERNATE AQUA AND FITNESS CLASSES TIMETABLE

FRI 11TH - 17TH JULY



LANGLANDS PARK MEMORIAL POOL

Fri 11/7	Sat 12/7	Sun 13/7	Mon 14/7	Tues 15/7	Wed 16/7	Thurs 17/7
	9:00am Zumba Taty <i>Studio</i>		9:00am New Body Taty <i>Studio</i>	9:00am Strong Bones Taty <i>Studio</i>		9:00am Zumba Taty <i>Studio</i>
11:00am Deep Aqua Taty <i>50m Pool</i>	10:30am Aqua Zumba Taty <i>50m Pool</i>		10:30am Deep Aqua Taty <i>50m Pool</i>	10:30am Stretching class Taty <i>Studio</i>		10:30am Circuit Taty <i>Studio</i>
12:45pm Aqua - Gentle Rehabilitation Taty <i>Indoor Pool</i>			12:15pm Aqua - Gentle Rehabilitation Taty <i>Indoor Pool</i>	12:00pm Gentle Shallow Aqua Taty <i>25m Pool</i>		12:00pm Gentle Shallow Aqua Taty <i>25m Pool</i>

ALTERNATE AQUA AND FITNESS CLASSES TIMETABLE

FRI 18TH – SUN 27TH JULY



LANGLANDS PARK MEMORIAL POOL

Fri 18/7	Sat 19 & 26/7	Sun 20 & 27/7	Mon 21/7	Tues 22/7	Wed 23/7	Thurs 24/7
	9:00am Zumba Taty <i>Studio</i>		9:00am New Body Taty <i>Studio</i>	9:00am Strong Bones Taty <i>Studio</i>		9:00am Zumba Taty <i>Studio</i>
11:00am Deep Aqua Taty <i>50m Pool</i>	10:30am Aqua Zumba Taty <i>50m Pool</i>		10:30am Deep Aqua Taty <i>50m Pool</i>	10:00am Strength class (45 minutes) Taty <i>Studio</i>		10:00am Circuit (45 Minutes) Taty <i>Studio</i>
12:45pm Aqua - Gentle Rehabilitation Taty <i>Indoor Pool</i>			12:15pm Aqua - Gentle Rehabilitation Taty <i>Indoor Pool</i>	1:00pm Gentle Shallow Aqua Taty <i>25m Pool</i>		1:00pm Gentle Shallow Aqua Taty <i>25m Pool</i>