

## GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15am				Aqua Early (Wilma)	
8:00am			Hydro Stretch & Move (Dixie)		
9:30am	Aqua Fit (Dixie)		Aqua Deep (Dixie)	Aqua Fit (Shirley)	Aqua Sculpt (Atareta)
10:00am		50's Forward Aerobics (Lauren) + Hydro Stretch & Move (Dixie)		50's Forward Aerobics (Lauren) + Hydro Stretch & Move (Dixie)	
11:00am		50s Forward Aqua(Lauren)		50s Forward Aqua (Dixie)	
12:00pm	Hydro Stretch & Move (Dixie)				Hydro Stretch & Move (Atareta)
7:00pm	Aqua Power (Pru)	Aqua Jog (Wilma)	Aqua Power (Atareta)		

### Hydrotherapy Public Hours

<i>Monday</i>	7 - 9am & 5 -7 pm
<i>Tuesday</i>	8 - 10am & 1 - 3pm
<i>Wednesday</i>	9 - 11am & 1 - 3pm
<i>Thursday</i>	8 - 10am & 5-7pm
<i>Friday</i>	7 - 9am
<i>Sat/Sun</i>	8 - 10am



**SwimMagic**  
swim school

Swimming Lessons Save Lives.

For a free assessment... Dive in and call (09) 438 7957