



Winter Wellness Group Exercise Timetable

Room: Aquatic



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AQUA FIT 8:45AM – 9:30AM	AQUA FIT 9:45AM – 10:30AM	SWIMFIT 6:30AM – 7:15AM	AQUA MOVERS 9:30AM – 10:15AM		
AQUA MOVERS 11:30AM – 12:15AM		AQUA MOVERS 12:15PM – 1:00PM	AQUA MOVERS 8:45AM – 9:30AM	AQUA MOVERS 10:30AM – 11:15AM		
			AQUA MOVERS 9:45AM – 10:30AM			

– New Class