



GYM AND AQUA TIMETABLE: DECEMBER 22ND - 28TH



		MONDAY 22nd	TUESDAY 23rd	WEDNESDAY 24th	THURSDAY 25th	FRIDAY 26th	SATURDAY 27th	SUNDAY 28th	
GYM FLOOR	6:15AM		FUNCTIONAL TRAINING with Juliette		FUNCTIONAL TRAINING with Henry				
	8:15AM						BOOTCAMP with Henry		
	12:30PM	SENIOR CIRCUIT with Di		SENIOR CIRCUIT with Di					
	3:30PM	TEEN GYM: 10:30am- 12:30pm & 3:30pm -5:30pm (no teen gym on the 25th and 26th)							
	7:15PM			FUNCTIONAL TRAINING with Denham					
	7:30PM	FUNCTIONAL TRAINING with Di							

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AQUATICS	7:30AM		AQUA FOR ALL with Di		 CHRISTMAS DAY	BOXING DAY 		
	8:30AM		AQUA FIT with Wendy					
	9.00AM	AQUA MEGA CLASS!						
	9:30AM			AQUA FIT with Di				

