

GROUP EXERCISE SCHEDULE

*As of 28th
September

	MON	TUE	WED	THU	FRI
6 AM	Aqua Kez	<u>Circuit</u> <u>Harrison</u>	Aqua Bec	<u>HIIT Fit</u> <u>Harrison</u>	Aqua Nicole
9 AM	Aqua Nicole	<u>Yoga</u> <u>Sof</u> Aqua Low Impact Nicole	Aqua Harrison / Tarsh	Aqua Nathan	Aqua Nicole
10 AM	Aqua Deep Nicole	-	-	<u>Low</u> <u>Impact</u> <u>Nathan</u>	<u>Pilates</u> <u>Tarsh</u>
3:45 PM	-	<u>Mat</u> <u>Pilates</u> <u>Sof</u>	<u>Mat</u> <u>Pilates</u> <u>Sof</u>	-	-
5:30 PM	<u>Move To</u> <u>Improve</u> <u>Harrison</u>	-	<u>Yin Yoga</u> <u>Sof</u>	Aqua Deep Nicole	-

SAT	7 AM	8 AM
	Aqua Nicole	<u>Yoga</u> <u>Sonia</u>

Please
book via
Active
world

