

AQUA FITNESS TIMETABLE

Valid from 8 April 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.15am	5 AQUA	5 AQUA	5 AQUA	5 AQUA	5 AQUA	
8.15am	5 AQUA 6 AQUA	6 AQUA	5 AQUA 6 AQUA	5 AQUA 6 AQUAZUMBA	6 AQUA	5 AQUA
9.15am	6 AQUA	7 AQUAMAX	6 AQUA	7 AQUAMAX	6 AQUAZUMBA	
6.00pm	5 AQUA		5 AQUA			

Class Locations:

1. Studio 1

2. Studio 2

3. Outdoor Gym

4. Creche

5. Indoor Pool

6. Outdoor 50m - Shallow

7. Outdoor 50m - deep

8. Club Rooms

9. Show Court 1

10. Stadium Court 1

11. Squash Court 3