

AQUA AND FITNESS CLASSES TIMETABLE

LANGLANDS PARK MEMORIAL POOL



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am New Body Irina <i>Studio</i>	9:00am Strength & Strong Bones Irina <i>Studio</i>	9:00am Pilates on the Swiss Ball Irina <i>Studio</i>		9:00am Deep Aqua Irina <i>50m Pool</i>	9:00am Zumba Taty <i>Studio</i>	
10:30am Deep Aqua Irina <i>50m Pool</i>	10:30am Therapeutic Yoga Irina <i>Studio</i>	10:30am Deep Aqua Irina <i>50m Pool</i>			10:30am Aqua Zumba Taty <i>50m Pool</i>	10:30am Deep Aqua Irina <i>50m Pool</i>
12:15pm Gentle Indoor Aqua Irina <i>Indoor Pool</i>	12:00pm Gentle Shallow Aqua Irina <i>25m Pool</i>	12:15pm Gentle Indoor Aqua Irina <i>Indoor Pool</i>	12:00pm Gentle Shallow Aqua Irina <i>25m Pool</i>	12:45pm Gentle Indoor Aqua Irina <i>Indoor Pool</i>		