

# AQUA AND FITNESS CLASSES TIMETABLE

## LANGLANDS PARK MEMORIAL POOL



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