

AQUA AND FITNESS CLASSES TIMETABLE

LANGLANDS PARK MEMORIAL POOL



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