

Aqua Group Fitness Classes					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	9.30 – 10.25 H2O NO LIMITS Sandy	9.30 – 10.15 H2O NO LIMITS Angela	9.30 – 10.25 H2O NO LIMITS Pat	9.30 – 10.25 H2O NO LIMITS Pat	9.30 – 10.25 H2O NO LIMITS (YAH) Jenny
			10.30 – 11.25 H2O NO LIMITS Mel		10.30 – 11.25 H2O NO LIMITS (YAH) Sandy
		11.30 – 12.15 H2O NO LIMITS Angela			
PM	7.05 – 8.00 H2O NO LIMITS Pat			7.05 – 8.00 H2O NO LIMITS Pat	

*Please note: Instructors and classes are subject to change without notice. Classes must be pre-booked.
Aqua cancelled on Monday 16th December at 9.30am and Tuesday 17th December at 11.30am
Group fitness classes finish on Saturday 21st December 2024 and resume on Monday 6th of January 2025
Creche sessions finish on Friday 20th December 2024 and resume on Monday 13th of January 2025.*

Etiquette

- Classes must be booked online.
- Participants must clean their equipment before and after use.
- Hand sanitiser is available.
- Please arrive on time, no admittance will be allowed after classes commence
- Please inform the instructor of any injuries, health problems, pregnancy, or special needs.
- Minimum age restrictions apply to participants in Group Fitness, Aqua and Spin classes
- Children are not allowed to be left unattended.

Sandcastle Crèche

Monday	9.00 am - Noon
Tuesday	9.00 am - Noon
Wednesday	9.00 am – Noon
Thursday	9.00 am – Noon
Friday	9.00 am – Noon
Saturday	CLOSED
Sunday & Public Holidays	- CLOSED