

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

*Please note: Instructors and classes are subject to change without notice. Classes must be pre-booked  
Friday 21 March aqua cancelled due to carnival.*

### Etiquette

- Classes must be pre 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	9.00am - Noon
Thursday	9.00 am - Noon
Friday	9.00 am - Noon
Saturday	CLOSED
Sunday & Public Holidays	- CLOSED