



Monday 2 October Public Holiday

Health & Fitness Program

Gym is open 6:00 am to 7:00 pm

TIME	CLASS	WHERE	INSTRUCTOR
7:00am	Yoga	Bayside studio	Jenny
7:00am	Deep Water Aqua	Dive Pool	Ward
7:30am	Strong Seniors	FTZ/Bayside	Rosetta
8:30am	Total Body Seniors	Bayside Studio	Rosetta
9:30am	Cycle	FTZ Room	Rosetta
9:30am	Body Pump	Bayside studio	Charry
9:30 am	Deep Water Aqua	Dive Pool	Ward
10:30am	Body Balance	Bayside	Charry
12:00pm	Seniors Aqua	Program pool	Charry