



Monday 3 October Public Holiday

Health & Fitness Program

Gym is open 6am to 7pm

TIME	CLASS	WHERE	INSTRUCTOR
7:00am	Yoga	Bayside studio	Jenny
7:00am	Aqua DW	Program Pool	Ward
8:00am	Strong Seniors	FTZ- B. S	Val
9:30am	Body Pump	Bayside studio	Charry
9:30am	Cycle	FTZ	Val
10:00am	Deep Aqua	Dive Pool	TBA
10:30am	Body Balance	Bayside	Charry
10:30am	Fit Kid	Mind body	DeeDee
11:30am	Active Seniors	Bayside studio	Rosetta
12:00pm	Seniors Aqua	Program pool	Charry
1:00pm	Seniors Aqua	Program Pool	Charry