



**Labour Day Public Holiday**  
**Health & Fitness Program**  
**Gym is open 6:00 am to 7:00 pm**

<b>Monday 7<sup>th</sup> October</b>		
<b>Time</b>	<b>Class</b>	<b>Studio</b>
<b>7:00am</b>	<b>Hatha Yoga</b>	<b>Bayside Studio</b>
<b>7:00am</b>	<b>Deep Water Aqua</b>	<b>Dive Pool</b>
<b>7:30am</b>	<b>Strong Seniors</b>	<b>Functional Training Room /Bayside Studio</b>
<b>8:30am</b>	<b>Active Seniors</b>	<b>Bayside Studio</b>
<b>9:30am</b>	<b>Deep Water Aqua</b>	<b>Dive Pool</b>
<b>9:30am</b>	<b>Body Pump</b>	<b>Bayside Studio</b>
<b>9:30am</b>	<b>Cycle</b>	<b>Functional Training Room</b>
<b>10:30am</b>	<b>Body Balance</b>	<b>Bayside Studio</b>
<b>11:30am</b>	<b>Active Seniors</b>	<b>Bayside Studio</b>
<b>12:00pm</b>	<b>Seniors Aqua</b>	<b>Program Pool</b>
<b>1:00pm</b>	<b>Senior Outdoor Aqua</b>	<b>50m Pool</b>
<b>5:30pm</b>	<b>Hatha Yoga</b>	<b>Mind Body Studio</b>
<b>5:30pm</b>	<b>Body Combat</b>	<b>Bayside Studio</b>