

GROUP FITNESS CLASSES

TIMETABLE

Autumn 2026

AQUA AEROBICS

	MON	TUE	WED	THUR	FRI
7:30am			AQUA Cardio Charne		AQUA Combo Margie
9:30am	AQUA Deep Margie	AQUA Margie	AQUA Gentle Margie	AQUA Tabata Margie	

*Class times subject to change.
Bookings required through the ActiveWorld app.



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