



Monday 1 07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning	Tuesday 2 07:30 - 08:30 Water Aerobics 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates	Wednesday 3 07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates	Thursday 4 07:30 - 08:30 Water Aerobics 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning 18:00 - 19:00 H I T	Friday 5 07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates
Monday 8 07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning	Tuesday 9 07:30 - 08:30 Water Aerobics 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates 18:00 – 19:00 Water Aerobics	Wednesday 10 07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates 18:00 – 19:00 Spinning	Thursday 11 07:30 - 08:30 Water Aerobics 09:00 - 10:00 Water Therapy World Kidney day 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Zumba 18:00 - 19:00 H I T	Friday 12 07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 – 10:00 Water Therapy
Monday 15 07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning	Tuesday 16 07:30 - 08:30 Water Aerobics 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates 18:00 – 19: Water Aerobics	Wednesday 17 07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates 18:00 – 19:00 Spinning	Thursday 18 07:30 - 08:30 Water Aerobics 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning 18:00 - 19:00 H I T	Friday 19 07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 – 10:00 Water Therapy
Monday 22 07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning	Tuesday 23 07:30 - 08:30 Water Aerobics 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates 18:00 – 19: Water Aerobics	Wednesday 24 07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates 18:00 – 19:00 Spinning	Thursday 25 07:30 - 08:30 Water Aerobics 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning 18:00 - 19:00 H I T	Friday 26 07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 – 10:00 Water Therapy Lucy Mabuza Birthday 27 March
Monday 29 07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning	Tuesday 30 07:30 - 08:30 Water Aerobics 09:00 - 10:00 Water Therapy Take a walk in the park day 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates 18:00 – 19: Water Aerobics	Wednesday 31 07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates 18:00 – 19:00 Spinning	10 – 16 March Salt awareness Week 	

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