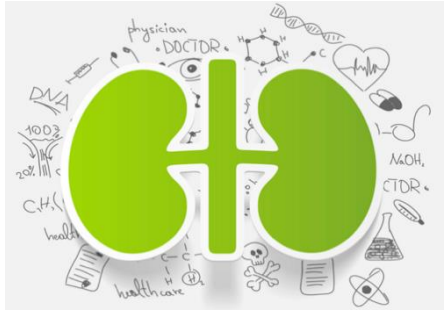
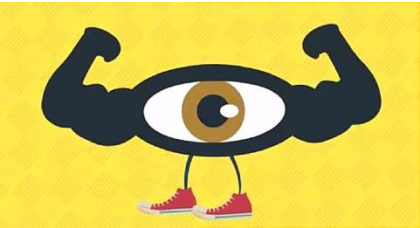


SEPTEMBER



	Tuesday 1 07:30 - 08:30 Water Aerobics 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates	Wednesday 2 07:30 - 08:30 Water Aerobics 07:30 - 08.30 Pilates 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates	Thursday 3 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 HIIT	Friday 4 07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates
Monday 7 07:30 - 08:30 Water Aerobics 07:30 – 08:30 Body Conditioning 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning	Tuesday 8 07:30 - 08:30 Water Aerobics 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates	Wednesday 9 07:30 - 08:30 Water Aerobics 07:30 - 08.30 Pilates Helinde Oosthuizen Birthday  17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates	Thursday 10 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 HIIT	Friday 11 07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates
Monday 14 07:30 - 08:30 Water Aerobics 07:30 – 08:30 Body Conditioning 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning	Tuesday 15 07:30 - 08:30 Water Aerobics 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates	Wednesday 16 07:30 - 08:30 Water Aerobics 07:30 - 08.30 Pilates 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates 18:00 - 19:00 Spinning	Thursday 17 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 HIIT	Friday 18 07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates
Monday 21 07:30 - 08:30 Water Aerobics 07:30 – 08:30 Body Conditioning 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning	Tuesday 22 07:30 - 08:30 Water Aerobics 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates	Wednesday 23 07:30 - 08:30 Water Aerobics 07:30 - 08.30 Pilates 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates	Thursday 24 PUBLIC HOLIDAY	Friday 25 07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates Karen Kruger Birthday 27 September 

Monday 07:30 - 08:30 Water Aerobics 07:30 – 08:30 Body Conditioning 09:00 - 10:00 Water Therapy 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning	28	Tuesday 07:30 - 08:30 Water Aerobics 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates	29	Wednesday 07:30 - 08:30 Water Aerobics 07:30 - 08.30 Pilates 17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates	30	  
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