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november



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| <p>Monday 1</p> <p>CLOSED VOTING DAY</p> | <p>Tuesday 2</p> <p>07:30 - 08:30 Water Aerobics 09:00 - 10:00 Water Therapy</p> <p>17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates</p> | <p>Wednesday 3</p> <p>07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy</p> <p>17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates 18:00 - 19:00 Spinning</p> | <p>Thursday 4</p> <p>07:30 - 08:30 Water Aerobics 09:00 - 10:00 Water Therapy</p> <p>CPR Awareness</p> <p>17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning 18:00 - 19:00 H I T</p> | <p>Friday 5</p> <p>07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy</p> |
| <p>Monday 8</p> <p>07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy</p> <p>Tongue Twister Day</p> <p>17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning</p> | <p>Tuesday 9</p> <p>07:30 - 08:30 Water Aerobics 09:00 - 10:00 Water Therapy</p> <p>CPR Awareness</p> <p>17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates</p> | <p>Wednesday 10</p> <p>07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy</p> <p>CPR Awareness</p> <p>17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates 18:00 - 19:00 Spinning</p> | <p>Thursday 11</p> <p>07:30 - 08:30 Water Aerobics 09:00 - 10:00 Water Therapy</p> <p>CPR Awareness</p> <p>17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning 18:00 - 19:00 H I T</p> | <p>Friday 12</p> <p>07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy</p> <p>World Kindness Day 13</p> |
| <p>Monday 15</p> <p>07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy</p> <p>17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning</p> | <p>Tuesday 16</p> <p>07:30 - 08:30 Water Aerobics 09:00 - 10:00 Water Therapy</p> <p>17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates</p> | <p>Wednesday 17</p> <p>07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy</p> <p>Take A Hike Day</p> <p>17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates 18:00 - 19:00 Spinning</p> | <p>Thursday 18</p> <p>07:30 - 08:30 Water Aerobics 09:00 - 10:00 Water Therapy</p> <p>17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning 18:00 - 19:00 H I T</p> | <p>Friday 19</p> <p>07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy</p> <p>Say Hello Day 21</p> |
| <p>Monday 22</p> <p>07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy</p> <p>17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning</p> | <p>Tuesday 23</p> <p>07:30 - 08:30 Water Aerobics 09:00 - 10:00 Water Therapy</p> <p>17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates</p> | <p>Wednesday 24</p> <p>07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy</p> <p>17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates 18:00 - 19:00 Spinning</p> | <p>Thursday 25</p> <p>07:30 - 08:30 Water Aerobics 09:00 - 10:00 Water Therapy</p> <p>17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning 18:00 - 19:00 H I T</p> | <p>Friday 26</p> <p>07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy</p> |
| <p>Monday 29</p> <p>07:30 - 08:30 Water Aerobics 07:30 - 08:30 Pilates 09:00 - 10:00 Water Therapy</p> <p>17:00 - 18:00 Water Aerobics 17:00 - 18:00 Body Conditioning</p> | <p>Tuesday 30</p> <p>07:30 - 08:30 Water Aerobics 09:00 - 10:00 Water Therapy</p> <p>17:00 - 18:00 Water Aerobics 17:00 - 18:00 Pilates</p> | <p>A mother to her son did utter "Go, my son, and shut the shutter" "The shutter's shut" the son did utter "I cannot shut it any shutter!"</p> <div data-bbox="1825 1764 2181 2037" data-label="Image"></div> <p>Do not forget about the Beyers Bytjies Donations Let's put a smile of a little childs face</p> | | |