

AQUATICS CLASSES

TIMETABLE

Effective:
22nd – 28th December 2025

	TIME	MON	TUES	WED	THURS	FRI	SAT
MORNING SESSIONS	7:00AM		AQUA BLAST	DEEP WATER AQUA	M E R R Y C H R I S T M A S		
	8:00AM						
	9:00AM		DEEP WATER AQUA	AQUA ZUMBA			
	10:00AM						
	10:00AM	AQUA BLAST					
AFTERNOON SESSIONS	12:00PM	AQUA BLAST	AQUA COMBO SHALLOW	AQUA BLAST			
	1:00PM	AQUA STRETCH & STRENGTH INDOOR		AQUA STRETCH & STRENGTH INDOOR			
	2:00PM						
EVENING SESSIONS	5:30PM	AQUA ZUMBA LEISURE					
	6:15PM						
	6:30PM	AQUA ZUMBA LEISURE	AQUA FOR ALL LEISURE				

BOOK NOW THROUGH ACTIVE WORLD!
AVAILABLE TO BOOK FIVE (5) DAYS IN ADVANCE

CLASSES ARE 45 MINUTES DURATION.

OUR TIMETABLES
ARE ALSO ONLINE!

SCAN ME



AQUATICS CLASSES

DESCRIPTIONS

Effective:
29th Dec 2025 – 4th Jan 2026

	TIME	MON	TUES	WED	THURS	FRI	SAT
MORNING SESSIONS	7:00AM				H A P P Y N E W Y E A R		AQUA FOR ALL
	8:00AM						AQUA FOR ALL
	9:00AM	DEEP WATER AQUA	DEEP WATER AQUA	AQUA ZUMBA		AQUA BLAST	
	10:00AM						
	10:00AM						
AFTERNOON SESSIONS	12:00PM	AQUA BLAST				AQUA BLAST	
	1:00PM	AQUA STRETCH & STRENGTH INDOOR					
	2:00PM						
EVENING SESSIONS	5:30PM						
	6:15PM						
	6:30PM						

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