



Group Fitness Timetable



AQUAPULSE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
800AM	WYNSENIOR AQUA (45) 25m Pool Sharon						
9AM		WYNSENIOR GENTLE AQUA (45) Warm Water Pool Benita					
1105AM		WYNSENIOR ACTIVE ADULTS (45) Main Studio Ronnie		WYNSENIOR ACTIVE ADULTS (45) Main Studio Ronnie			
1115AM			WYNSENIOR GENTLE AQUA (45) Warm Water Pool Benita				



EAGLE STADIUM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1045AM			WYNSENIOR PILATES (45) Main Studio Felpe				
1105AM	WYNSENIOR BODYBALANCE (45) Main Studio Kat						
1115AM		WYNSENIOR ACTIVE SENIORS (45) Main Studio Benita					
1130AM					WYNSENIOR ACTIVE SENIORS (45) Main Studio Benita		

