

Monday	Tuesday	Wednesday	Thursday	Friday
8.45 – 9.15 Senior Gymnastics		8.45 – 9.15 Senior Gymnastics		8.45 – 9.15 Senior Gymnastics
9.30 – 10.15 Aqua fitness	9.15 – 10.00 Body styling	9.30 – 10.15 Aqua fitness	9.00 – 9.45 Aqua fitness	9.30 – 10.15 Aqua fitness
10.30 – 11.15 Aqua fitness	10.15 – 11.00 Aqua fitness	10.30 – 11.15 Baby swimming	10.00 – 10.45 Aqua fitness	10.30 – 11.15 Baby swimming
11.30 – 12.00 Relaxation training	11.15 – 12.00 Spinal gymnastics	11.30 – 12.00 Seated gymnastics		11.30 – 12.00
14.00 – 14.45 A1 Swimming courses for beginners		14.00 – 14.45 A1 Swimming courses for beginners		14.00 – 14.45 A1 Swimming courses for beginners
14.45 – 15.30 A2 Swimming courses for beginners	14.45 – 15.30 F2 Swimming courses for advanced	14.45 – 15.30 A2 Swimming courses for beginners	14.45 – 15.30 F2 Swimming courses for advanced	14.45 – 15.30 A2 Swimming courses for beginners
15.30 – 16.15 F1 Swimming courses for advanced	15.30 – 16.15 F3 Swimming courses for advanced	15.30 – 16.15 T2 Technique course	15.30 – 16.15 F1 Swimming courses for advanced	15.30 – 16.15 F3 Swimming courses for advanced
	16.15 – 17.00 T1 Technique course			Opening Times Mon – Fri.: 8.30 – 21.00 Sat.: 12.00 – 18.00
	17.15 – 18.45 Spinal gymnastics		17.00 – 17.45 Aqua fitness "Golden Oldies"	Swimming pool use as opening times except for blue cells
18.00 – 18.45 Spinal gymnastics	18.00 – 18.45 Spinal gymnastics		18.00 – 18.45 Aqua fitness	Information & Registration: Mon – Fri.: 13.30 – 20.00 Sat.: 12.00 – 18.00 (0241) 17401520
19.00 – 19.45 Aqua fitness	19.00 – 19.45 Aqua fitness	19.00 – 19.45 Aqua fitness	19.00 – 19.45 Aqua fitness	
20.00 – 20.45 Aqua fitness	20.00 – 20.45 Aqua fitness	20.00 – 20.45 Aqua fitness	20.00 – 20.45 Aqua fitness	