

| Aqua Group Fitness Classes | | | | | |
|----------------------------|-----------------------------------------------|---------|-------------------------------------------------|---------------------------------------------|------------------------------------------------------|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM | 9.30 – 10.25 H2O NO LIMITS Sandy | | 9.30 – 10.25 H2O NO LIMITS Pat | 9.30 – 10.25 H2O NO LIMITS Pat | 9.30 – 10.25 H2O NO LIMITS (YAH) Dani |
| | | | 10.30-11.25 H2O NO LIMITS Angela S | 10.30-11.25 H2O NO LIMITS Pat | 10.30 – 11.25 H2O NO LIMITS (YAH) Sandy |
| PM | 7.05 – 8.00 H2O NO LIMITS Pat | | | 7.05 – 8.00 H2O NO LIMITS Pat | |

Please note: Instructors and classes are subject to change without notice. Classes must be pre-booked
Group fitness classes resume on reduced timetable on Monday 5 January 2026
Creche sessions resume on Monday 12 January 2026

Etiquette

- Classes must be pre booked online.
- Participants must clean their equipment before and after use.
- Hand sanitiser is available.
- Please arrive on time, no admittance will be allowed after classes commence
- Please inform the instructor of any injuries, health problems, pregnancy, or special needs.
- Minimum age restrictions apply to participants in Group Fitness, Aqua and Spin classes
- Children are not allowed to be left unattended.

Sandcastle Crèche

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|--------------------------|----------------|
| Monday | 9.00 am - Noon |
| Tuesday | 9.00 am - Noon |
| Wednesday | 9.00am - Noon |
| Thursday | 9.00 am - Noon |
| Friday | 9.00 am - Noon |
| Saturday | CLOSED |
| Sunday & Public Holidays | CLOSED |