November 2026
Aqua Group Fitness Timetable

Aqua Group Fitness Classes					
	MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
AM	9.30 – 10.25 **H20 NO LIMITS** Sandy	9.30 – 10.15 **H20 NO LIMITS** Angela	9.30 – 10.25 **H20 NO LIMITS** Pat	9.30 – 10.25 **H20 NO LIMITS** Pat	9.30 – 10.25 **H20 NO LIMITS** Pat
	10.30-11.15 **H20 NO LIMITS** Kavleen	10.30-11.25 **H20 NO LIMITS** Beth	10.30-11.25 **H20 NO LIMITS** Angela S	10.30-11.15 **H20 NO LIMITS** Pat	10.30 – 11.25 **H20 NO LIMITS (YAH)** Sandy
		11.30 – 12.15 **H20 NO LIMITS** Angela	11.30 – 12.15 **H20 NO LIMITS** Angela S		
PM	7.05 – 8.00 **H20 NO LIMITS** Pat			7.05 – 8.00 **H20 NO LIMITS** Pat	

Please note: Instructors and classes are subject to change without notice. Classes must be pre-booked

Etiquette

- 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

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