

2025 GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:10am		Spin Rhonda		Spin Rhonda		
8:45am	Walk n Talk Rhonda		Walk n Talk Rhonda		Walk n Talk Rhonda	
10:00am		Water Aerobics Rhonda		Water Aerobics Rhonda		Water Aerobics Marianne
11:00am	Active Adults Shirley	Walk n Talk Shirley	Active Adults Shirley			
12:00pm	Stretch n Strengthen Jessie					
2:00pm	Water Aerobics Marianne	Water Aerobics Marianne				
5:00pm				Water Aerobics Marianne		
6:00pm	Water Aerobics Rhonda		Water Aerobics Marianne	Stretch n Strengthen Rhonda 6:15pm	Water Aerobics Marianne	