

# Hydrotherapy Pool Schedule - Term 3 2019

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30 - 7.15		● Group Fitness		● Group Fitness	● Group Fitness		
8.00 - 8.45			● Group Fitness		● Group Fitness		
8.30		● Group Fitness		● Group Fitness		● Group Fitness	● Group Fitness
9.00	● Lessons		● Lessons		● Lessons		
9.30	● Lessons	● Lessons	● Lessons	● Lessons	● Lessons	● Lessons	● Lessons
10.00	● Lessons	● Lessons	● Lessons	● Lessons	● Lessons	● Lessons	● Lessons
10.30	● Lessons	● Lessons/ Group Fitness	● Lessons	● Lessons/ Group Fitness	● Lessons	● Lessons	● Lessons
11.00						● Lessons	● Lessons
11.30						● Lessons	● Lessons
<b>PM</b>							
12 - 12.30						● Lessons	● Lessons
1.00							
1.30							
3.30	● Lessons	● Lessons	● Lessons	● Lessons	● Lessons		
4.00	● Lessons	● Lessons	● Lessons	● Lessons	● Lessons		
4.30		● Lessons		● Lessons	● Lessons		
5.00				● Lessons			
5.30	● Lessons						

All Classes indicated blue - 30 minutes

All Classes indicated green - 45 minutes

All Classes indicated pink - 60 minutes

\*Classes and times subject to change.

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