

Activo 60 Activities

Monday

07.00 - 08.00	Lane Swim
08.45 - 09.30	ACTIVE PLUS SWIM
09.00 - 12.00	ACTIVE PLUS (Tea & Coffee) Table tennis/Exercise Badminton, Sauna & Steam
10.00 - 10.30	Fitness Circuit
11.00 - 11.45	Zumba Gold
12.15 - 13.00	Pilates
18.00 - 19.00	Zumba
18.30 - 19.30	Freestyle Yoga
19.00 - 20.00	Lane Swim
20.15 - 21.00	Hydro Spin

Tuesday

07.00 - 08.00	Lane Swim
09.30 - 10.30	Body Conditioning
10.30 - 11.00	Fitness Circuit
19.15 - 20.30	Lane Swim

Wednesday

07.00 - 08.00	Lane Swim
09.30 - 10.30	Fit Ball
10.30 - 11.00	Fitness Circuit
18.15 - 19.00	Pilates
19.30 - 20.15	Aqua Toning
20.15 - 21.00	Lane Swim

Thursday

07.00 - 08.00	Lane Swim
09.30 - 10.30	Legs, Bums 'N' Tums
10.30 - 11.00	Fitness Circuit
18.00 - 19.00	Body Conditioning
18.45 - 19.30	Hydro Spin
19.15 - 20.00	Fit Ball
20.30 - 21.30	Ladies Only Swim

Friday

07.00 - 08.00	Lane Swim
10.30 - 11.00	Fitness Circuit
18.15 - 19.00	Aqua Toning
19.00 - 20.00	Lane Swim

Saturday

10.30 - 11.30	Legs, Bums 'N' Tums
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Sunday

11.30 - 12.15	Lane Swim
11.30 - 12.15	Hydro Spin
17.00 - 18.00	Lane Swim

Gym Opening Times

Monday - Friday	06.30-22.00
Saturday	08.00-18.00
Sunday	09.00-20.00

Sauna/Steam Room

Mon - Fri	12.00 - 21.00
Saturday	12.00 - 17.45
Sunday	12.00 - 19.45

Ladies Only

Thursday	17.00 - 21.00
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Men Only

Friday	17.00 - 21.00
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