



FITNESS SHEDULE

MONDAY

10.00 Yoga for All (Adults and Kids are all welcome)

11.00-14.00 Meet us at the Beach for Fun Activities

17.30 Pilates for Adults near the pool

TUESDAY

11.00-14.00 Meet us at the Beach for Fun Activities

17.30 Aqua Aerobic at the pool

WEDNESDAY

10.00 Zumba for All (Adults and Kids are all welcome)

11.00-14.00 Meet us at the Beach for Fun Activities

17.30 Pilates for Adults near the pool

THURSDAY

11.00-14.00 Meet us at the Beach for Fun Activities

17.30 Aqua Aerobic at the pool

FRIDAY

10.00 Yoga for All (Adults and Kids are all welcome)

11.00-14.00 Meet us at the Beach for Fun Activities

17.30 Pilates for Adults near the pool

SATURDAY

10.00 Zumba for All (Adults and Kids are all welcome)

11.00-14.00 Meet us at the Beach for Fun Activities

17.30 Aqua Aerobic at the pool

SUNDAY

10.00 Yoga for All (Adults and Kids are all welcome)

11.00-14.00 Meet us at the Beach for Fun Activities

17.30 Pilates for Adults near the pool