

FITNESS SHEDULE

MONDAY	FRIDAY
10.00 Yoga for All (Adults and Kids are all welcome)	10.00 Yoga for All (Adults and Kids are all welcome)
11.00-14.00 Meet us at the Beach for Fun Activities	11.00-14.00 Meet us at the Beach for Fun Activities
17.30 Pilates for Adults near the pool	17.30 Pilates for Adults near the pool
TUESDAY	SATURDAY
11.00-14.00 Meet us at the Beach for Fun Activities	10.00 Zumba for All (Adults and Kids are all welcome)
17.30 Aqua Aerobic at the pool	11.00-14.00 Meet us at the Beach for Fun Activities
WEDNESDAY	17.30 Aqua Aerobic at the pool
10.00 Zumba for All (Adults and Kids are all welcome)	SUNDAY
11.00-14.00 Meet us at the Beach for Fun Activities	10.00 Yoga for All (Adults and Kids are all welcome)
17.30 Pilates for Adults near the pool	11.00-14.00 Meet us at the Beach for Fun Activities
THURSDAY	17.30 Pilates for Adults near the pool
11.00-14.00 Meet us at the Beach for Fun Activities	
17.30 Aqua Aerobic at the pool	