



Summer Group Fitness **AQUAPROGRAMME**

Monday 6 January - Friday 31 January

		Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Coastlands Aquatic Centre	9.15am	AquaHigh	AquaDeep	AquaHigh	AquaDeep	AquaFit	
	10.30am	AquaLow		AquaLow			
	1.30pm			Sit n Be Fit			
	7.00pm				AquaGroove		
Waikanae Pool	9.15am	AquaFit		AquaFit		AquaFit	AquaZumba
	7.00pm		AquaFit				
Otaki Pool	9.15am		AquaFit		AquaFit		
	6.15pm	AquaHIIT		AquaHIIT			