

AQUACISE BOOKINGS OPEN

AS OF 11th September 23

| Monday Classes | When do bookings open ? |
|---------------------------|---------------------------|
| Aquacise 7am | Wednesday prior at 6am |
| Aquacise 8am | Wednesday prior at 7am |
| Aquacise 9am | Wednesday prior at 8am |
| Aquacise 10am | Wednesday prior at 9am |
| Deep Water Running 6:30pm | Wednesday prior at 5:30pm |

| Tuesday Classes | When do bookings open ? |
|---------------------|-------------------------|
| Gentle Aquacise 8am | Thursday prior at 7am |
| Aquacise 9am | Thursday prior at 8am |
| Aquacise 10am | Thursday prior at 9am |

| Wednesday Classes | When do bookings open ? |
|-------------------|-------------------------|
| Aquacise 7am | Friday prior at 6am |
| Aquacise 8am | Friday prior at 7am |
| Aquacise 9am | Friday prior at 8am |
| Aquacise 10am | Friday prior at 9am |
| Aquacise 6:30pm | Friday prior at 5:30pm |

| Thursday Classes | When do bookings open ? |
|---------------------------|--------------------------|
| Gentle Aquacise at 8am | Saturday prior at 7am |
| Deep Water Running at 9am | Saturday prior at 8am |
| Gentle Aquacise 6:30pm | Saturday prior at 5:30pm |

| Friday Classes | When do bookings open ? |
|----------------------------|-------------------------|
| Aquacise at 7am | Sunday prior at 9am |
| Aquacise at 8am | Sunday prior at 9am |
| Aquacise at 9am | Sunday prior at 9am |
| Aquacise at 10am | Sunday prior at 9am |
| Gentle Aquacise at 11:15am | Sunday prior at 9am |

| Saturday Classes | When do bookings open ? |
|------------------|-------------------------|
| Aquacise at 8am | Monday Prior at 7am |
| Aquacise at 9am | Monday prior at 8am |