

# AQUAMANDA

## MONDAY 23RD DECEMBER

9am-9.45am AQUA ZUMBA  
9am-10am PILATES  
10am-10.45am CARDIO DANCE  
11am-11.45am AQUA

## MONDAY 30TH DECEMBER

9am-9.45am AQUA ZUMBA  
9am-10am PILATES  
10am-10.45am CARDIO DANCE  
11am-11.45am AQUA

## TUESDAY 24TH DECEMBER

8am-8.45am AQUA  
9am-9.45am BODY STRENGTH  
10am-10.45am DANCE STEP  
11am-12pm PILATES

## TUESDAY 31ST DECEMBER

8am-8.45am AQUA  
9am-9.45am BODY STRENGTH  
10am-10.45am DANCE STEP

## WEDNESDAY 25TH DECEMBER

NONE

## WEDNESDAY 1ST JANUARY

NONE

## THURSDAY 26TH DECEMBER

NONE

## THURSDAY 2ND JANUARY

8am-8.45am AQUA  
9am-9.45am LEGS, BUMS & TUMS

## FRIDAY 27TH DECEMBER

8.45am-9.25am DANCE AEROBICS  
9.30am-10.15am AQUA CIRCUITS  
10.30am-11.30am BALL PILATES

## FRIDAY 3RD JANUARY

CLASSES AS NORMAL

## SATURDAY 28TH DECEMBER

8.30am-9.30am PILATES  
9am-9.45am AQUA CIRCUITS

## SATURDAY 4TH JANUARY

CLASSES AS NORMAL

## SUNDAY 29TH DECEMBER

NONE

## SUNDAY 5TH JANUARY

NONE

**AQUAMANDA WILL BE CLOSING AT 12PM ON THURSDAY 2ND JANUARY FOR OUR ANNUAL STAFF CHRISTMAS PARTY**

