

## MON

8am-9am PILATES  
9am-9.45am AQUA ZUMBA  
9.15am-9.45am HIT  
10am-10.45am CARDIO DANCE  
11am-11.45am AQUA  
11am-12pm PILATES  
12pm-1pm PILATES

6pm-6.45pm STEP AEROBICS  
7pm-7.45pm AQUA  
7pm-8pm BODY BLAST  
8pm-9pm CLUBBERCISE

## TUES

8am-8.45am AQUA  
9.15am-10am BODY STRENGTH  
10am-10.45am FREESTYLE FUN  
11am-11.45am AQUA  
11am-12pm YOGA  
12pm-12.45pm LEGS,BUMS & TUMS

5.45pm-6.45pm PILATES  
6.15pm-7pm AQUA  
7pm-7.45pm ZUMBA

## WEDS

9.15am-10am CORE & STRENGTH  
10am-10.45am EASY DOES IT  
11am-11.45am AQUA  
11am-12pm MINDFUL YOGA  
12pm-1pm BODY STRENGTH  
2pm-2.45pm ZUMBA GOLD

5.30pm-6.30pm DYNAMIC YOGA  
6pm-6.45pm AQUA CIRCUITS  
7pm-8pm BODY BLAST

## THURS

8am-8.45am AQUA  
9am-9.45am LEGS, BUMS & TUMS  
10.15am-10.45am EXPRESS AQUA  
11am-12pm PILATES  
12pm-1pm TOTAL BODY CONDITIONING  
1pm-1.45pm FUNCTIONAL BALANCE & MOBILITY

5.30pm-6.30pm DYNAMIC YOGA  
6.30pm-7.30pm BODY STRENGTH

## FRI

8.45am-9.25am DANCE AEROBICS  
9.30am-10.15am AQUA CIRCUITS  
9.45am-10.30am BOOTCAMP  
10.30am-11.30am BALL PILATES  
11.30am-12.30pm YOGA

## SAT

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

## SUN

NONE

The logo for AQUAMANDA features the brand name in a stylized, serif font. The letters 'A', 'Q', and 'M' are larger and more prominent. Below the text, there are three curved lines representing water ripples, with the central one being the largest and most defined.