

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

5.45pm-6.45pm PILATES
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-1pm PILATES

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

WEDS

9am-9.45am 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

5.30pm-6.30pm DYNAMIC YOGA
6.30pm-7.30pm BODY STRENGTH
7.30pm-8.30pm EVENING CHILLOUT YOGA

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', 'U', 'A', 'M', 'A', 'N', 'D', 'A' are arranged in a slightly curved line. Below the text, there are three concentric, wavy lines representing water ripples, with the central one being the largest and most prominent.