

Group Fitness Timetable



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8AM	WYNSENIOR AQUA (45) 25m Pool <i>Sharon</i>						
9AM		WYNSENIOR GENTLE AQUA (45) Warm Water Pool <i>Benita</i>					
1105AM		WYNSENIOR ACTIVE SENIORS (45) Main Studio <i>Ronnie</i>		WYNSENIOR ACTIVE SENIORS (45) Main Studio <i>Ronnie</i>			
1115AM			WYNSENIOR GENTLE AQUA (45) Warm Water Pool <i>Ronnie</i>				

Group Fitness Timetable



EAGLE STADIUM



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1045AM			WYNSENIOR PILATES (45) Main Studio <i>Felipe</i>				
11AM	WYNSENIOR DANCE (30) Main Studio <i>Kat</i>						
1115AM		WYNSENIOR ACTIVE SENIORS (45) Main Studio <i>Benita</i>					
1130AM	WYNSENIOR BODYBALANCE (30) Main Studio <i>Kat</i>				WYNSENIOR ACTIVE SENIORS (45) Main Studio <i>Benita</i>		