



December 2025

Aqua Aerobics Summer Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 REGULAR CLASSES 8:45am-9:45am Aqua Deep 9:45am - 10:45am Aqua Fit Instructor: Michelle	2 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Michelle	3 <u>NO CLASS</u>	4 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Michelle	5 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Susannah	6 REGULAR CLASS 9:00am - 10:00am Instructor: Nao	7
8 REGULAR CLASSES 8:45am-9:45am Aqua Deep 9:45am - 10:45am Aqua Fit Instructor: Michelle	9 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Michelle	10 REGULAR CLASS 9:00am-10:00am Aqua Deep Instructor: Susannah	11 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Michelle	12 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Susannah	13 REGULAR CLASS 9:00am - 10:00am Instructor: Nao	14
15 REGULAR CLASSES 8:45am-9:45am Aqua Deep 9:45am - 10:45am Aqua Fit Instructor: Michelle	16 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Michelle	17 <u>NO CLASS</u>	18 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Michelle	19 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Susannah	20 <u>UPDATED CLASS</u> 10:30am - 11:30am Instructor: Michelle	21
22 REGULAR CLASSES 8:45am-9:45am Aqua Deep 9:45am - 10:45am Aqua Fit Instructor: Michelle	23 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Michelle	24 REGULAR CLASS 9:00am-10:00am Aqua Deep Instructor: Susannah	25 <u>NO CLASS</u> Enjoy the Christmas Break!	26 <u>NO CLASS</u> Enjoy the Christmas Break!	27 <u>NO CLASS</u> Enjoy the Christmas Break!	28
29 REGULAR CLASSES 8:45am-9:45am Aqua Deep 9:45am - 10:45am Aqua Fit Instructor: Michelle	30 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Michelle	31 <u>NO CLASS</u>				

**** Subject to Change**



January 2026

Aqua Aerobics Summer Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 <u>NO CLASS</u>	2 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Susannah	3 <u>UPDATED CLASS</u> 10:30am - 11:30am Instructor: Michelle	4
5 <u>NO CLASSES</u>	6 <u>NO CLASSES</u>	7 REGULAR CLASS 9:00am-10:00am Aqua Deep Instructor: Susannah	8 <u>NO CLASSES</u>	9 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Susannah	10 <u>NO CLASSES</u>	11
12 <u>NO CLASSES</u>	13 <u>NO CLASSES</u>	14 REGULAR CLASS 9:00am-10:00am Aqua Deep Instructor: Susannah	15 <u>NO CLASSES</u>	16 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Susannah	17 <u>NO CLASSES</u>	18
19 REGULAR CLASSES 8:45am-9:45am Aqua Deep 9:45am - 10:45am Aqua Fit Instructor: Michelle	20 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Michelle	21 REGULAR CLASS 9:00am-10:00am Aqua Deep Instructor: Susannah	22 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Michelle	23 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Susannah	24 <u>UPDATED CLASS</u> 10:30am - 11:30am Instructor: Michelle	25
26 <u>NO CLASS</u> Enjoy the Public Holiday!	27 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Michelle	28 REGULAR CLASS 9:00am-10:00am Aqua Deep Instructor: Susannah	29 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Michelle	30 REGULAR CLASSES 8:30am-9:30am Aqua Deep 9:30am - 10:30am Aqua Fit Instructor: Susannah	31 <u>UPDATED CLASS</u> 10:30am - 11:30am Instructor: Michelle	

**** Subject to Change**