

# December 2025

## Aqua Aerobics Summer Schedule

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

\*\* Subject to Change

# January 2026

## Aqua Aerobics Summer Schedule

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

\*\* Subject to Change