

INDOOR HYDRO POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am							
6.30am							
7.00am							
7.30am							
8.00am		NO ACCESS Aqua Fit 8:00am-9:00am				NO ACCESS LTS Program 8:00am-1:00pm	NO ACCESS LTS Program 8:00am-12:00pm
8.30am							
9.00am	NO ACCESS Aqua Fit 9:00am-10:00am	1 Lane Open LTS Program 9:00am – 11:00am					
9.30am					NO ACCESS Aqua Fit 9:30am-10:30am		
10.00am							
10.30am	NO ACCESS Elevate Program Thomas Hassall 10:30am-11:30am (Finished on 15th JUNE)				1 Lane Open Water Walking 10:30 – 11:30 am		
11.00am		NO ACCESS Elevate Program Thomas Hassall 11:00am-12:00pm (Finished on 16th JUNE)	NO ACCESS Aqua Fit 11:00am - 12:00pm	NO ACCESS Aqua Fit 11:00am - 12:00pm			
11.30am							
12.00pm			NO ACCESS Marumali Aqua 12:00pm-1:00pm	NO ACCESS Seniors Health Promotion 12:00pm-1:00pm (Finished on 18th JUNE)			
12.30pm							
1.00pm							
1.30pm							
2.00pm							
2.30pm							
3.00pm							
3.30pm	NO ACCESS LTS Program 3:15pm – 7:00pm	NO ACCESS LTS Program 3:15pm – 7:00pm	NO ACCESS LTS Program 3:15pm – 7:00pm	NO ACCESS LTS Program 3:15pm – 7:00pm	NO ACCESS LTS Program 3:15pm – 7:00pm		
4.00pm							
4.30pm							
5.00pm							
5.30pm							
6.00pm							
6.30pm							
7.00pm							
7.30pm	NO ACCESS Aqua Fit 7:15pm-8:00pm		NO ACCESS Aqua Fit 7:15pm-8:00pm				
8.00pm							

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10.00am							
10.30am					1 Lane Open Water Walking 10:30 – 11:30 am		
11.00am			NO ACCESS Aqua Fit 11:00am - 12:00pm	NO ACCESS Aqua Fit 11:00am - 12:00pm			
11.30am							
12.00pm			NO ACCESS Marumali Aqua 12:00pm-1:00pm				
12.30pm							
1.00pm							
1.30pm							
2.00pm							
2.30pm							
3.00pm							
3.30pm	NO ACCESS LTS Program 3:15pm – 7:00pm	NO ACCESS LTS Program 3:15pm – 7:00pm	NO ACCESS LTS Program 3:15pm – 7:00pm	NO ACCESS LTS Program 3:15pm – 7:00pm	NO ACCESS LTS Program 3:15pm – 7:00pm		
4.00pm							
4.30pm							
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6.00pm							
6.30pm							
7.00pm							
7.30pm	NO ACCESS Aqua Fit 7:15pm-8:00pm		NO ACCESS Aqua Fit 7:15pm-8:00pm				
8.00pm							