

Greerton Pool Aquafit Calendar – July 2022

Aqua Fit

Suitable for all. Great for fitness, cardio, and a great alternative to your workout sessions

Aqua Blast

Fast paced session. Full cardio and core training.
Great for all fitness levels.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9.15am – 10am AquaFit – Maria 1
9.15am – 10am AquaFit – Jovi 4	9.15am – 10am AquaFit – Mr P 5 6.15pm – 7pm Aqua Blast – Bronwyn	9.15am – 10am AquaFit – Marisol 6	9.15am – 10am AquaFit – Mr P 7 6.15pm – 7pm Aqua Blast – Marisol	9.15am – 10am AquaFit – Maria 8
9.15am – 10am AquaFit – Jovi 11	9.15am – 10am AquaFit – Mr P 12 6.15pm – 7pm Aqua Blast – Bronwyn	9.15am – 10am AquaFit – Marisol 13	9.15am – 10am AquaFit – Mr P 14 6.15pm – 7pm Aqua Blast – Marisol	9.15am – 10am AquaFit – Maria 15
9.15am – 10am AquaFit – Jovi 18	9.15am – 10am AquaFit – Mr P 19 6.15pm – 7pm Aqua Blast – Bronwyn	9.15am – 10am AquaFit – Marisol 20	9.15am – 10am AquaFit – Mr P 21 6.15pm – 7pm Aqua Blast – Marisol	9.15am – 10am AquaFit – Maria 22
9.15am – 10am AquaFit – Jovi 25	9.15am – 10am AquaFit – Mr P 26 6.15pm – 7pm Aqua Blast – Bronwyn	9.15am – 10am AquaFit – Marisol 27	9.15am – 10am AquaFit – Mr P 28 6.15pm – 7pm Aqua Blast – Marisol	9.15am – 10am AquaFit – Maria 29

All Class Duration = 45 mins.