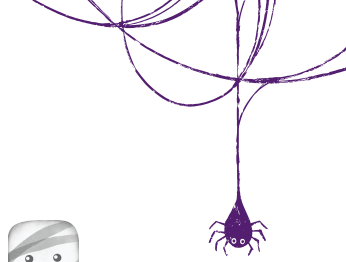




# OCTOBER



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1  
TILLIGERRY AQUATIC  
AQUA AEROBICS  
9:30AM

2  
AQUA AEROBICS  
11:15AM

3  
TILLIGERRY AQUATIC  
AQUA AEROBICS  
9:30AM

4  
MAT YOGA 9:15AM  
CHAIR YOGA  
10:15AM

5



**Summer Hours From  
Tuesday the 8th**

**MONDAY - THURSDAY**

**6:00AM - 6:00PM**

**FRIDAY**

**6:00AM - 5:00PM**

**SATURDAY - SUNDAY**

**8:30AM - 5:00PM**

6

7  
PUBLIC HOLIDAY  
10:00AM - 4:00PM

8  
TILLIGERRY AQUATIC  
AQUA AEROBICS  
9:30AM

9  
AQUA AEROBICS  
11:15AM

10  
TILLIGERRY AQUATIC  
AQUA AEROBICS  
9:30AM

11  
MAT YOGA  
9:15AM  
CHAIR YOGA  
10:15AM

12

13

14  
MAT YOGA - 9:15AM  
CHAIR YOGA - 10:15AM  
LAND BASED - 12:45PM

15  
TILLIGERRY AQUATIC  
AQUA AEROBICS  
9:30AM

16  
AQUA AEROBICS  
11:15AM

17  
TILLIGERRY AQUATIC  
AQUA AEROBICS  
9:30AM

18  
MAT YOGA  
9:15AM  
CHAIR YOGA  
10:15AM

19

20

21  
MAT YOGA - 9:15AM  
CHAIR YOGA - 10:15AM  
LAND BASED - 12:45PM

22  
TILLIGERRY AQUATIC  
AQUA AEROBICS  
9:30AM

23  
AQUA AEROBICS  
11:15AM

24  
TILLIGERRY AQUATIC  
AQUA AEROBICS  
9:30AM

25  
MAT YOGA  
9:15AM  
CHAIR YOGA  
10:15AM

26



**LAND BASED GROUP FIT**

**WORKOUT WITH**

**RACHEL**

**12:45PM - MONDAY**

**14TH, 21ST & 28TH**

27

28  
MAT YOGA - 9:15AM  
CHAIR YOGA - 10:15AM  
LAND BASED - 12:45PM

29  
TILLIGERRY AQUATIC  
AQUA AEROBICS  
9:30AM

30  
AQUA AEROBICS  
11:15AM

31 **HAPPY HALLOWEEN**  
TILLIGERRY AQUATIC  
AQUA AEROBICS  
9:30AM

ALL DATES & TIMES ARE  
CORRECT AT TIME OF  
PUBLISHING \*1/10/2024\*  
DAYS & TIMES ARE SUBJECT  
TO CHANGE EACH MONTH