ACTIVE LIFE GENTLE FITNESS CLASS TIMETABLE

Aqua Aerobics

Gentle workouts

MONDAY

10.30 - 11.15	**WATERWORKS**	Herons Helen Main Pool - Shallow
11.15 - 12.00	**AQUA**	Whitstable Pool Lynesey Main Pool - Shallow
12.00 - 12.45	**AQUA**	Whitstable Pool Jo Main Pool - Shallow
12.00 - 12.45	**ZUMBA® GOLD**	Herons Kelly Dance Studio
12.15 - 13.00	**WATERWORKS**	Kingsmead Grace Main Pool - Shallow
12.30 - 13.15	**GENTLE PILATES**	Kingsmead Helen Mind & Body Studio
12.45 - 13.30	**ZUMBA® GOLD TONING**	Herons Kelly Dance Studio
13.30 - 14.30	**GENTLE WORKOUT**	Kingsmead Sandy Mind & Body Studio
19.30 - 20.15	**AQUA ATTACK**	Whitstable Pool Jo Main Pool - Shallow
20.05 - 21.05	**TAI CHI**	Bay Sports Studios Sue Studio 2
20.15 - 21.00	**AQUA**	Whitstable Pool Jo Main Pool - Shallow
20.10 - 21.10	**THERAPY PILATES**	Bay Sports Studios Carol Studio 1

TUESDAY

10.00 - 10.45	**DEEP AQUA**	Whitstable Pool Grace Main Pool - Deep
10.00 - 10.45	**AQUA**	Herons Jo Main Pool - Shallow
10.15 - 11.00	**WATERWORKS**	Kingsmead Dan Main Pool - Shallow
11.55 - 12.50	**ZUMBA® GOLD**	Herons Kelly Mind & Body Studio
12.30 - 13.15	**DEEP AQUA**	Kingsmead Dan Main Pool - Deep
13.00 - 13.45	**MATURE STRETCH**	Herons Kelly Mind & Body Studio
19.00 - 19.45	**AQUA STEP**	Herons Jo Main Pool - Shallow
19.45 - 20.30	**AQUA**	Herons Jo Main Pool - Shallow
20.00 - 20.45	**WATERWORKS**	Kingsmead Dan Main Pool - Shallow
20.00 - 20.45	**DEEP AQUA**	Kingsmead Caroline Main Pool - Deep

WEDNESDAY

09.30 - 10.15	**WATERWORKS**	Herons Dan Main Pool - Shallow
11.00 - 11.45	**AQUA**	Whitstable Pool Jo Main Pool - Shallow
12.30 - 13.15	**GENTLE PILATES**	Kingsmead Helen Mind & Body Studio
13.30 - 14.30	**GENTLE WORKOUT**	Kingsmead Sandy Dance Studio
12.00 - 12.45	**ZUMBA® GOLD**	Herons Kealy Mind & Body Studio
14.00 - 14.45	**AQUA**	Herons Emma Main Pool - Shallow
18.15 - 19.00	**AQUA**	Herons Grace Main Pool - Shallow
18.15 - 19.00	**DEEP AQUA**	Herons Corinne Main Pool - Deep
19.00 - 19.45	**AQUA**	Whitstable Pool Lindsey Main Pool - Shallow
19.45 - 20.30	**DEEP AQUA**	Whitstable Pool Jo Main Pool - Deep

THURSDAY

10.15 - 11.00	**WATERWORKS**	Kingsmead Dan Main Pool - Shallow
11.15 - 12.00	**AQUA**	Whitstable Pool Jo Main Pool - Shallow
12.30 - 13.15	**DEEP AQUA**	Kingsmead Dan Main Pool - Deep
12.45- 13.45	**ZUMBA® GOLD**	Herons Kelly Mind & Body Studio
13.45 - 14.30	**MATURE STRETCH**	Herons Kelly Dance Studio
19.00 - 20.00	**TAI CHI**	Kingsmead Ho Kyung Party Room
20.00 - 20.45	**WATERWORKS**	Kingsmead Cristina Main Pool - Shallow
20.00 - 20.45	**DEEP AQUA**	Kingsmead Caroline Main Pool - Deep

FRIDAY

09.30 - 10.15	**AQUA**	Herons Jo Main Pool - Shallow
12.00 - 13.00	**ZUMBA® GOLD**	Herons Kealy Dance Studio
12.00 - 12.45	**AQUA**	Whitstable Pool Grace Main Pool - Shallow
12.30 - 13.15	**DEEP AQUA**	Kingsmead Dan Main Pool - Deep
12.30 - 13.15	**GENTLE PILATES**	Kingsmead Helen Mind & Body Studio
19.30 - 20.30	**TAI CHI**	Whitstable Sports Centre Sue Studio

SATURDAY

08.10 - 09.10	**TAI CHI**	Kingsmead Ho Kyung Party Room

SUNDAY

19.15 - 20.00	**WATERWORKS**	Kingsmead Kealy Main Pool - Shallow
19.15 - 20.00	**DEEP AQUA**	Kingsmead Liz Main Pool - Deep