



	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
10.00			Aqua Aerobics
4.00	Beginners 1 swimming lessons		
4.30	Beginners 2 swimming lessons		
5.00	Improvers 1 swimming lessons		
5.30	Improvers 2 swimming lessons & Swim club		
6.30	Advanced swimming lessons		
7.00	Aqua Aerobics		
7.30		Circuit Training	

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