

VALLEY POOL

GROUP FITNESS TIMETABLE

	5.30am	6.00am	12.15pm	5.45-6.15/6.15-6.45	6.00pm
Monday					HIIT
Tuesday	SWIM-FIT		HIIT	BEGINNER SWIM-FIT CLASS 1 BEGINNER SWIM-FIT CLASS 2	
Wednesday		PILATES			FAST 30
Thursday	SWIM-FIT			BEGINNER SWIM-FIT CLASS 1 BEGINNER SWIM-FIT CLASS 2	



SCAN ME FOR
CLASS
DESCRIPTIONS

CHECK OUT
THE CLASSES
OUT OUR
OTHER VENUES
BY SCANNING
HERE

