

**Water Fun:** Children under 12 years of age must be supervised by an adult at all times.

**Family Circuits:** Children must be accompanied by an adult

CLASS	TIME	AGE	STUDIO	INSTRUCTOR
<b>MONDAY 22<sup>nd</sup></b>				
Active Kids	0930	5-11 Years	Mind and Body	Rachel D
RokoRide	0930	12+	Spin	Darren
Water Fun	1030	All	Pool	N/A
<b>TUESDAY 23<sup>rd</sup></b>				
RokoRide	0930	12+	Spin	Rachel D
20-20-20	1030	12+	Energise	Rachel D
Water Fun	1030	All	Pool	N/A
<b>WEDNESDAY 24<sup>th</sup></b>				
RokoRide	0930	12+	Spin	Rachel D
Body Combat	0930	12+	Energise	Jo A
Active Kids	1030	5-11 Years	Mind and Body	Jo A
Water Fun	1030	All	Pool	N/A
<b>THURSDAY 25<sup>th</sup></b>				
Roko Ride	0930	12+	Spin	Simon
Water Fun	1030	All	Pool	N/A
<b>FRIDAY 26<sup>th</sup></b>				
Body Combat	0930	12+	Energise	Harry
RokoRide	0930	12+	Spin	Rachel D
Water Fun	1030	All	Pool	N/A
<b>SATURDAY 27<sup>th</sup></b>				
Active Kids	0900	5-11 Years	Mind and Body	Rachel D
Family Circuits	1400	8+	Gym Floor	Gym Team
Water Fun	1500	All	Pool	N/A
<b>SUNDAY 28<sup>th</sup></b>				
Family Circuits	1330	8+	Gym Floor	Gym Team
Water Fun	1500	All	Pool	N/A
<b>MONDAY 29<sup>th</sup></b>				
Active Kids	0930	5-11 Years	Mind and Body	Rachel D
RokoRide	0930	12+	Spin	Darren
Water Fun	1030	All	Pool	N/A
<b>TUESDAY 30<sup>th</sup></b>				
RokoRide	0930	12+	Spin	Rachel D
20-20-20	1030	12+	Energise	Rachel D
Water Fun	1030	All	Pool	N/A
<b>WEDNESDAY 31<sup>st</sup></b>				
RokoRide	0930	12+	Spin	Rachel D
Body Combat	0930	12+	Energise	Jo A
Active Kids	1030	5-11 Years	Mind and Body	Jo A
Water Fun	1030	All	Pool	N/A
<b>THURSDAY 1<sup>st</sup></b>				
Roko Ride	0930	12+	Spin	Simon
Active Kids	1030	5-11 Years	Mind and Body	Affrica
Water Fun	1030	All	Pool	N/A
<b>FRIDAY 2<sup>nd</sup></b>				
Active Kids	0930	5-11 Years	Mind and Body	Catherine
Body Combat	0930	12+	Energise	Harry
RokoRide	0930	12+	Spin	Rachel D
Water Fun	1030	All	Pool	N/A
<b>SATURDAY 3<sup>rd</sup></b>				
Active Kids	0900	5-11 Years	Mind and Body	Rachel D
Family Circuits	1400	8+	Gym Floor	Gym Team
Water Fun	1500	All	Pool	N/A
<b>SUNDAY 4<sup>th</sup></b>				
Active Kids	0930	5-11 Years	Energise	Affrica
Family Circuits	1330	8+	Gym Floor	Gym Team
Water Fun	1500	All	Pool	N/A

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CLASS	TIME	AGE	STUDIO	INSTRUCTOR
<b>MONDAY 5<sup>th</sup></b>				
RokoRide	0930	12+	Spin	Darren
Water Fun	1030	All	Pool	N/A
<b>TUESDAY 6<sup>th</sup></b>				
Active Kids	0930	5-11 Years	Energise	Affrica
RokoRide	0930	12+	Spin	Chris
20-20-20	1030	12+	Energise	Chris
Water Fun	1030	All	Pool	N/A
<b>WEDNESDAY 7<sup>th</sup></b>				
RokoRide	0930	12+	Spin	Clare
Body Combat	0930	12+	Energise	Nikki
Water Fun	1030	All	Pool	N/A
<b>THURSDAY 8<sup>th</sup></b>				
Roko Ride	0930	12+	Spin	Simon
Active Kids	1030	5-11 Years	Mind and Body	Affrica
Water Fun	1030	All	Pool	N/A
<b>FRIDAY 9<sup>th</sup></b>				
Body Combat	0930	12+	Energise	Harry
RokoRide	0930	12+	Spin	Rachel D
Water Fun	1030	All	Pool	N/A
<b>SATURDAY 10<sup>th</sup></b>				
Active Kids	0900	5-11 Years	Mind and Body	Rachel D
Family Circuits	1400	8+	Gym Floor	Gym Team
Water Fun	1500	All	Pool	N/A
<b>SUNDAY 11<sup>th</sup></b>				
Active Kids	0930	5-11 Years	Energise	Affrica
Family Circuits	1330	8+	Gym Floor	Gym Team
Water Fun	1500	All	Pool	N/A
CLASS	TIME	AGE	STUDIO	INSTRUCTOR
<b>MONDAY 12<sup>th</sup></b>				
Active Kids	0930	5-11 Years	Mind and Body	Catherine
RokoRide	0930	12+	Spin	Darren
Water Fun	1030	All	Pool	N/A
<b>TUESDAY 13<sup>th</sup></b>				
Active Kids	0930	5-11 Years	Energise	Affrica
RokoRide	0930	12+	Spin	Chris
20-20-20	1030	12+	Energise	Chris
Water Fun	1030	All	Pool	N/A
<b>WEDNESDAY 14<sup>th</sup></b>				
RokoRide	0930	12+	Spin	Darren
Body Combat	0930	12+	Energise	Jo A
Active Kids	1030	5-11 Years	Mind and Body	Jo A
Water Fun	1030	All	Pool	N/A
<b>THURSDAY 15<sup>th</sup></b>				
Roko Ride	0930	12+	Spin	Simon
Active Kids	1030	5-11 Years	Mind and Body	Affrica
Water Fun	1030	All	Pool	N/A
<b>FRIDAY 16<sup>th</sup></b>				
Active Kids	0930	5-11 Years	Mind and Body	Catherine
Body Combat	0930	12+	Energise	Harry
RokoRide	0930	12+	Spin	Darren
Water Fun	1030	All	Pool	N/A
<b>SATURDAY 17<sup>th</sup></b>				
Active Kids	0900	5-11 Years	Mind and Body	Rachel D
Family Circuits	1400	8+	Gym Floor	Gym Team
Water Fun	1500	All	Pool	N/A
<b>SUNDAY 18<sup>th</sup></b>				
Active Kids	0930	5-11 Years	Energise	Affrica
Family Circuits	1330	8+	Gym Floor	Gym Team
Water Fun	1500	All	Pool	N/A

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CLASS	TIME	AGE	STUDIO	INSTRUCTOR
<b>MONDAY 19<sup>th</sup></b>				
Active Kids	0930	5-11 Years	Mind and Body	Catherine
RokoRide	0930	12+	Spin	Darren
Water Fun	1030	All	Pool	N/A
<b>TUESDAY 20<sup>th</sup></b>				
Active Kids	0930	5-11 Years	Energise	Affrica
RokoRide	0930	12+	Spin	Chris
20-20-20	1030	12+	Energise	Chris
Water Fun	1030	All	Pool	N/A
<b>WEDNESDAY 21<sup>st</sup></b>				
RokoRide	0930	12+	Spin	Darren
Body Combat	0930	12+	Energise	Jo A
Active kids	1030	5-11 Years	Mind and Body	Jo A
Water Fun	1030	All	Pool	N/A
<b>THURSDAY 22<sup>nd</sup></b>				
Roko Ride	0930	12+	Spin	Simon
Active Kids	1030	5-11 Years	Mind and Body	Affrica
Water Fun	1030	All	Pool	N/A
<b>FRIDAY 23<sup>rd</sup></b>				
Active Kids	0930	5-11 Years	Mind and Body	Catherine
Body Combat	0930	12+	Energise	Harry
RokoRide	0930	12+	Spin	John
Water Fun	1030	All	Pool	N/A
<b>SATURDAY 24<sup>th</sup></b>				
Family Circuits	1400	8+	Gym Floor	Gym Team
Water Fun	1500	All	Pool	N/A
<b>SUNDAY 25<sup>th</sup></b>				
Active Kids	0930	5-11 Years	Energise	Affrica
Family Circuits	1330	8+	Gym Floor	Gym Team
Water Fun	1500	All	Pool	N/A
CLASS	TIME	AGE	STUDIO	INSTRUCTOR
<b>MONDAY 26<sup>th</sup></b>				
Active Kids	0930	5-11 Years	Mind and Body	Catherine
RokoRide	0930	12+	Spin	Darren
Water Fun	1030	All	Pool	N/A
<b>TUESDAY 27<sup>th</sup></b>				
Active Kids	0930	5-11 Years	Energise	Affrica
RokoRide	0930	12+	Spin	Chris
20-20-20	1030	12+	Energise	Chris
Water Fun	1030	All	Pool	N/A
<b>WEDNESDAY 28<sup>th</sup></b>				
RokoRide	0930	12+	Spin	John
Body Combat	0930	12+	Energise	Nikki
Active Kids	1030	5-11 Years	Mind and Body	Catherine
Water Fun	1030	All	Pool	N/A
<b>THURSDAY 29<sup>th</sup></b>				
Roko Ride	0930	12+	Spin	Simon
Active Kids	1030	5-11 Years	Mind and Body	Affrica
Water Fun	1030	All	Pool	N/A
<b>FRIDAY 30<sup>th</sup></b>				
Active Kids	0930	5-11 Years	Mind and Body	Catherine
Body Combat	0930	12+	Energise	Harry
RokoRide	0930	12+	Spin	Darren
Water Fun	1030	All	Pool	N/A
<b>SATURDAY 31<sup>st</sup></b>				
Active Kids	0900	5-11 Years	Mind and Body	Rachel D
Family Circuits	1400	8+	Gym Floor	Gym Team
Water Fun	1500	All	Pool	N/A
<b>SUNDAY 1<sup>st</sup></b>				
Active Kids	0930	5-11 Years	Energise	Affrica
Family Circuits	1330	8+	Gym Floor	Gym Team
Water Fun	1500	All	Pool	N/A