

Weekly Class Schedule

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
9:30AM BABIES SWIMMING LESSONS	9AM FITNESS AQUA	9:15AM COMMUNITY SWIM	PRIVATE HIRE AVAILABLE	9-11AM PRIVATE HIRE BOOKED WATER BABIES
10:15 AM GENTLE FITNESS - STRETCH & MOVE	10:15AM COMMUNITY SWIM	10 - 11AM BABY - PRESCHOOL SWIMMING LESSONS	PRIVATE HIRE AVAILABLE	PRIVATE HIRE AVAILABLE
11:15 PHYSIO / GP REFERRAL	11:15 PHYSIO / GP REFERRAL	12 NOON AQUA YOGA	3:15 PHYSIO / GP REFERRAL	PRIVATE HIRE AVAILABLE
12NOON SWIM SKILLS (5-9) HS	PRIVATE HIRE AVAILABLE	PRIVATE HIRE AVAILABLE	4:30PM SWIM SKILLS (5-9)	PRIVATE HIRE AVAILABLE
7PM BEDTIME MONKEY LESSONS	1 - 2:30PM BABY - PRESCHOOL SWIMMING LESSONS	7PM BABY SWIMMING LESSONS	5:30PM TODDLER/PRESCHOOL SWIMMING LESSONS	4-6PM PRIVATE HIRE BOOKED WATER BABIES
6PM & 7:45PM AQUA YOGA	SCHOOLS OUT SPLASH OUT	7:45PM FITNESS AQUA	7:15PM ROTATION AQUA	PRIVATE HIRE AVAILABLE

Rainbow Lagoon's Aqua Fitness / Yoga & Community Swim Timetable

Current Feb 2024

Monday	Tuesday	Wednesday	Thursday
10:15 Gentle Fitness	9:15 Aqua Fitness	9:15 Community Swim	3:15pm Physio / GP Referral
11:15 Physio / GP Referral	10:15 Community Swim	12 Noon Aqua Yoga	7:15pm Aqua Rotation
6pm Aqua Yoga	11:15 Physio / GP Referral	7:45pm Aqua Fitness	
7:45pm Aqua Yoga			