



Aqua Fitness Classes during Carnivals

Please be advised of the following changes to our AQUA FITNESS CLASSES due to our commitment with school carnivals:

<p><u>Tuesday March 9, 2010</u> 6:00am Shallow running as normal 7:10am Deep running as normal 8:10am Shallow held in 25m pool 11:00am Antenatal held in 25m pool</p>	
<p><u>Monday March 15, 2010</u> 8:10am Deep running as normal 9:10am Shallow cancelled</p>	<p><u>Monday March 22, 2010</u> 8:10am Deep running as normal 9:10am Shallow running as normal</p>
<p><u>Tuesday March 16, 2010</u> 6:00am Shallow running as normal 7:10am Deep running as normal 8:10am Shallow running as normal 11:00am Antenatal cancelled</p>	<p><u>Tuesday March 23, 2010</u> 6:00am Shallow running as normal 7:10am Deep running as normal 8:10am Shallow running as normal 11:00am Antenatal running as normal</p>
<p><u>Wednesday March 17, 2010</u> 8:10am Deep running as normal 9:10am Shallow cancelled</p>	<p><u>Wednesday March 24, 2010</u> 8:10am Deep running as normal 9:10am Shallow in 25m pool</p>
<p><u>Thursday March 18, 2010</u> 6:00am Deep running as normal 7:10am Deep running as normal 8:10am Shallow running as normal</p>	<p><u>Thursday March 25, 2010</u> 6:00am Deep running as normal 7:10am Deep running as normal 8:10am Shallow running as normal</p>
<p><u>Friday March 19, 2010</u> 6:00am Shallow running as normal 8:10am Deep running as normal 9:10am Shallow in 25m pool</p>	<p><u>Friday March 26, 2010</u> 6:00am Shallow running as normal 8:10am Deep running as normal 9:10am Shallow cancelled</p>
	<p><u>Wednesday March 31, 2010</u> 8:10am Deep running 9:10am Shallow in 25m pool</p>

We apologise in advance for the inconvenience.

