


MON	TUES	WED	THURS	FRI	SAT	SUN
				<b>DEEP WATER RUNNING</b> 7:00am (Jamie-lee)		
	<b>AQUA AEROBICS</b> 9:30am (Jamie-lee)		<b>AQUA AEROBICS</b> 10:00am (Jamie-lee)	<b>AQUA AEROBICS</b> 10:00am (Jamie-lee)	<b>AQUA AEROBICS</b> 10:00am (Jamie-lee)	
	<b>AQUA AEROBICS</b> 10:30am (Jamie-lee)					
<b>AQUA AEROBICS</b> 4:30pm (Tiarna)						
					 <b>TIDALWAVE</b> <i>total fitness</i> AT LOGANS   FOR WOMEN	
<b>AQUA AEROBICS</b> 6:30pm (Tiarna)		<b>AQUA AEROBICS</b> 6:00pm (Judy)	<b>DEEP WATER RUNNING</b> 6:00pm (Tiarna)	<b>Start Date</b> <b>30/10/2018</b>	<b>7 Logans Beach Rd</b> <b>E: fitness@tidal</b> <b>wavetotalfitness.com</b> <b>P: 5561 5307</b> <b>W: www.tidalwave</b> <b>totalrefit.com</b>	<b>Mon-Thurs</b> <b>6:00 am -8:00 pm</b> <b>Fri 6:00 am – 7:00 pm</b> <b>Sat 7:00 am- 5:00 pm</b> <b>Sun 9:00 am -12:pm</b>