


MON	TUES	WED	THURS	FRI	SAT	SUN
				DEEP WATER RUNNING 7:00am (Jamie-lee)		
	AQUA AEROBICS 9:30am (Jamie-lee)		AQUA AEROBICS 10:00am (Jamie-lee)	AQUA AEROBICS 10:00am (Jamie-lee)	AQUA AEROBICS 10:00am (Jamie-lee)	
	AQUA AEROBICS 10:30am (Jamie-lee)					
AQUA AEROBICS 4:30pm (Tiarna)						
					 TIDALWAVE <i>total fitness</i> AT LOGANS FOR WOMEN	
AQUA AEROBICS 6:30pm (Tiarna)		AQUA AEROBICS 6:00pm (Judy)	AQUA AEROBICS 6:00pm (Tiarna)	Start Date 14/01/2019	7 Logans Beach Rd E: fitness@tidal wavetotalfitness.com P: 5561 5307 W: www.tidalwave totalrefit.com	Mon-Thurs 6:00 am -8:00 pm Fri 6:00 am – 7:00 pm Sat 7:00 am- 5:00 pm Sun 9:00 am -12:pm