


MON	TUES	WED	THURS	FRI	SAT	SUN
AQUA AEROBICS 6:00 am (Judy)						
		DEEP WATER RUNNING 7:00 am (Jamie-lee)		DEEP WATER RUNNING 7:00 am (Jamie-lee)		
	AQUA AEROBICS 9:30 am (Jamie-lee)		AQUA AEROBICS 10:00 am (Jamie-lee)	AQUA AEROBICS 9:30 am (Jamie-lee)	AQUA AEROBICS 10:00 am (Jamie-lee)	
	AQUA AEROBICS 10:30 am (Jamie-lee)					
AQUA AEROBICS 4:30 pm (Hope)						
					 TIDALWAVE <i>total fitness</i> AT LOGANS FOR WOMEN	
AQUA AEROBICS 6:15 pm (Hope)		AQUA AEROBICS 6:00 pm (Judy)	AQUA AEROBICS 6:15 pm (Hope)	Start Date 03/02/2020	7 Logans Beach Rd E: fitness@tidalwavetotalfitness.com P: 5561 5307 W: www.tidalwavetotalrefit.com	MON –THURS 6am – 8pm FRI 6am – 7pm SAT 7am – 5pm SUN 9am –12pm