

COME TRY OUR BRAND **NEW** FITNESS CLASS

LES MILLS DANCE

**Tuesday 2 April to
Monday 8 April 2024**

AQUAMOVES MEMBERS

Bring a friend for **FREE** to any of the classes listed on the timetable below.*

ENTER THE DRAW TO WIN A ONE MONTH FULL CENTRE MEMBERSHIP BY ATTENDING A CLASS!

| TUE 2 | WED 3 | THU 4 | FRI 5 | SAT 6 | SUN 7 | MON 8 |
|-----------------|----------------------|------------------------|----------------------|---------------------|-------------------------|----------------|
| 5.30pm RPM | 5.30pm Body Pump | 6.30pm Body Balance | 5.30pm BodyCombat | 7.15am RPM | 10.00am Body Balance | 5.30pm GRIT |
| 6.30pm Dance | 6.30pm BodyCombat | | | 9.00am Body Pump | | |