

Effective Wednesday 12 December 2023

Hydrotherapy Pool					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.30am			Aqua Arthritic (25) CLASS PARTICIPANTS ONLY*		
9.00am	Aqua Arthritic (25) CLASS PARTICIPANTS ONLY*	Connect GV (4:1)		Thrive 4 Life (4:1)	
9.45am	Shepp Access (4:2)		Shepp Access (5:2)	Shepp Access (4:2)	
10.00am	Aqua Arthritic (25) CLASS PARTICIPANTS ONLY*		Aqua Arthritic (25) CLASS PARTICIPANTS ONLY*		Yoga Aqua Arthritic (25) CLASS PARTICIPANTS ONLY*
11.00am	U-Choose (11am - 1pm)				VIVID (1:1)
1.00pm	Connect GV (7:6)	Connect GV (3:1)	Connect GV (9:7)		Connect GV (5:2)
2.00pm					
2.30pm	GV Health (4:1)				
3.00pm				GV Health (4:1)	
4.00pm		GV Physiotherapy			

* During Aqua Arthritic and Yoga Aqua Arthritic classes, only class participants will be allowed access to the hydrotherapy pool.