

# *aquafitness*

CLASSES

## GENERAL & SPECIALISED CLASSES

PHYSIOTHERAPY DEPARTMENT, LEVEL 3

- HEATED INDOOR POOL • OZONE PURIFIED WATER
- NO CHLORINE IRRITATION

Day & Evening Classes: Monday - Thursday  
*New 6.30 am class for the early birds*

Day Classes: Friday

**BOOKINGS ESSENTIAL!**



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