

# Balsillie Family Branch Aquafit Classes



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-10:30am Gentle Aquafit		10:00-10:30am Gentle Aquafit	8:00-8:30am Gentle Aquafit		
11:00-11:30am Gentle Aquafit	11:00-11:30am Gentle Aquafit	11:00-11:30am Gentle Aquafit	11:00-11:30am Gentle Aquafit	11:00-11:30am Gentle Aquafit	
12:00-12:45pm Deep Water Aquafit	12:15-12:45pm Gentle Aquafit	12:00-12:45pm Deep Water Aquafit	12:15-12:45pm Gentle Aquafit	12:00-12:45pm Deep Water Aquafit	12:15-12:45pm Gentle Aquafit
7:00-7:30pm HIT Aquafit (Lap Pool)			7:00-7:30pm HIT Aquafit (Lap Pool)		