## **Hydro Pool Timetable**



Updated 11<sup>th</sup> Jan 2024

•	MON	TUE	WED	THUR	FRI	SAT	SUN
5.30am							
6.00am							
6.30am							
7.00am							
7.30am							
8.00am	ARTHRITIS				ACTIVE HYDRO		
8.30am							
9.00am							
9.30am							LTS
10.00am					ARTHRITIS	LTS	LIS
		ARTHRITIS	ARTHRITIS	ARTHRITIS			
10.30am							
11.00am							
11.30am	PHYSIO						
12.00pm	PHYSIO						
12.30pm					DI WOLG		
1.00pm					PHYSIO		
1.30pm			DINGGO				
2.00pm			PHYSIO				
2.30pm							
3.00pm							
4.00pm							
5.00pm							
6.00pm							
7.00pm							
8.00pm							

Key					
Active Hydro/Arthritis:	Fully booked out for Hydro Classes				
LTS:	Half the pool is sectioned off for Learn to Swim – members and guests can still enter remaining area of pool				
Physio:	Half the pool is sectioned off for our physio – members and guest can still enter remaining area of pool				

Please bring a towel and water bottle to every class.