Beacon

Prepared: 14/Nov/26 02:34:03

Monday

Morning			
Aqua Aerobics	11:15am - 12:00pm	Beacon	
Afternoon			
Pilates	12:30pm - 1:15pm	Beacon	
Public Swimming	12:30pm - 3:00pm	Beacon	
Lane Swimming	3:30pm - 7:30pm	Beacon	1 Lanes Pool
Body Conditioning	5:45pm - 6:30pm	Beacon	
Evening			
Lane Swimming	3:30pm - 7:30pm	Beacon	1 Lanes Pool
Body Conditioning	5:45pm - 6:30pm	Beacon	
Pilates	6:40pm - 7:25pm	Beacon	
Public Swimming	7:30pm - 9:00pm	Beacon	Pool

Tuesday

Morning			
Public Swimming	11:00am - 3:30pm	Beacon	3 Lanes Pool
Afternoon			
Public Swimming	11:00am - 3:30pm	Beacon	3 Lanes Pool
Evening			
Yoga	6:00pm - 6:45pm	Beacon	
Qi Gong	6:50pm - 7:20pm	Beacon	

Wednesday

Morning

Public Swimming	11:00am - 3:00pm	Beacon	
Lane Swimming	11:00am - 12:00pm	Beacon	2 Lanes Pool
Active Strength and Balance	11:00am - 11:45am	Beacon	

Afternoon

Public Swimming	11:00am - 3:00pm	Beacon	
Active Strength and Balance	12:45pm - 1:30pm	Beacon	
Lane Swimming	3:30pm - 7:30pm	Beacon	1 Lanes Pool
Low Impact Interval Training	5:45pm - 6:30pm	Beacon	

Evening

Lane Swimming	3:30pm - 7:30pm	Beacon	1 Lanes Pool
Low Impact Interval Training	5:45pm - 6:30pm	Beacon	
Pilates	6:40pm - 7:25pm	Beacon	
Public Swimming	7:30pm - 9:00pm	Beacon	Pool

Thursday

Morning

Aqua Aerobics & Aqua Deep	11:15am - 12:00pm	Beacon	

Afternoon

Public Swimming	12:00pm - 3:00pm	Beacon	
Pilates	12:30pm - 1:15pm	Beacon	
Lane Swimming	3:30pm - 5:15pm	Beacon	1 Lanes Pool
Body Conditioning	5:00pm - 5:45pm	Beacon	
Pilates	5:50pm - 6:35pm	Beacon	

Evening

Pilates	5:50pm - 6:35pm	Beacon	

Friday

Morning			
Public Swimming	11:00am - 5:00pm	Beacon	3 Lanes Pool
Lane Swimming	11:00am - 12:00pm	Beacon	2 Lanes Pool
Afternoon			
Public Swimming	11:00am - 5:00pm	Beacon	3 Lanes Pool
Freestyle Dance	3:30pm - 4:15pm	Beacon	
Freestyle Dance	4:15pm - 5:15pm	Beacon	
Public Swimming	5:00pm - 9:00pm	Beacon	2 Lanes Pool
Freestyle Dance	5:15pm - 6:15pm	Beacon	
Evening			
Public Swimming	5:00pm - 9:00pm	Beacon	Pool
Freestyle Dance	5:15pm - 6:15pm	Beacon	
Fun Session	7:15pm - 8:30pm	Beacon	Pool

Saturday

Morning			
Lane Swimming	8:00am - 12:30pm	Beacon	1 Lanes Pool
Yoga	9:00am - 9:45am	Beacon	
Simply Stretch	9:50am - 10:20am	Beacon	
Afternoon			
Lane Swimming	8:00am - 12:30pm	Beacon	1 Lanes Pool
Waves & Flumes	12:30pm - 2:45pm	Beacon	5 Lanes Pool
Evening			

Sunday

Morning			
Lane Swimming	9:00am - 10:00am	Beacon	2 Lanes Pool
Public Swimming	9:00am - 10:00am	Beacon	1 Lanes Pool

Public Swimming	10:00am - 12:00pm	Beacon	5 Lanes Pool
Afternoon			
Waves & Flumes	1:00pm - 3:45pm	Beacon	5 Lanes Pool
Evening			