



Ross Swimming Pool

TIME

CLASS

INSTRUCTOR

Monday

10.00am - 11.00am
9.00pm - 10.00pm

Aqua Aerobics
Beginners Aqua Aerobics

Sarah Williams
Sarah Williams

Wednesday

10.00am - 11.00am

Aqua Circuits

Sarah Williams

Friday

8.30pm - 9.30pm

Deep Water Aqua Aerobics

Sarah Williams

