

What's On		Monday
	9.10am	Aqua Aerobics
	9.30am	Reformer Pilates
		THT
	10.15am	Aqua Aerobics
	10.30am	Reformer Pilates



Use our
facility
code:
TRAC

**Download the Active World App
to book your group fitness classes**

Note: Timetable is subject to change. Always check
Active World App for most up-to-date class schedule.