

March Inclusive Programs



Mon	Tue	Wed	Thu	Fri
<p><i>**Classes Marked with ** are an additional registration / charge of a 12-Class Blue Card**</i></p> <p><i>Members: \$38</i></p> <p><i>Non-Members: \$50</i></p>		<p>1</p> <p>10-10:45 – Leigh Arthritis**</p>	<p>2</p> <p>8:15 – 8:45 Laura Hiit**</p> <p>9 – 9:45 Laura Cardio & Toning**</p> <p>10-10:45 Leigh Cardio</p> <p>10-10:45 Karen Splash</p> <p>11-11:45 Tanya Boom Yoga</p> <p>6-7:00p Karen Cardio & Toning**</p>	<p>3</p> <p>9-9:45 Renee Splash</p> <p>10-10:45 Leigh Water for All</p> <p>11-11:45 – Tanya Boom Stability</p>
<p>6</p> <p>8:15 – 8:45 Laura Hiit**</p> <p>9-9:45- Renee Water Aerobics**</p> <p>10-10:45 – Leigh Arthritis**</p> <p>10:15-11 – Renee SS Yoga</p>	<p>7</p> <p>8:15 – 8:45 Laura Hiit**</p> <p>9 – 9:45 Laura Cardio & Toning**</p> <p>9-9:45 – Renee Circuit</p> <p>10-10:45 Leigh Classic</p> <p>10-10:45 Karen Splash</p> <p>6-7:00p Karen Cardio & Toning**</p>	<p>8</p> <p>9-9:45- Renee Water Aerobics**</p> <p>10-10:45 – Leigh Arthritis**</p> <p>10:15-11 – Renee SS Yoga</p> <p>11:15 – 12 Renee Cardio Circuit</p>	<p>9</p> <p>8:15 – 8:45 Laura Hiit**</p> <p>9 – 9:45 Laura Cardio & Toning**</p> <p>10-10:45 Leigh Cardio</p> <p>10-10:45 Karen Splash</p> <p>6-7:00p Karen Cardio & Toning**</p>	<p>10</p> <p>9-9:45 Renee Splash</p> <p>10-10:45 Leigh Water for All</p>
<p>13</p> <p>8:15 – 8:45 Laura Hiit**</p> <p>9-9:45- Renee Water Aerobics**</p> <p>10-10:45 – Leigh Arthritis**</p> <p>10:15-11 – Renee SS Yoga</p>	<p>14</p> <p>8:15 – 8:45 Laura Hiit**</p> <p>9 – 9:45 Laura Cardio & Toning**</p> <p>9-9:45 – Renee Circuit</p> <p>10-10:45 Leigh Classic</p> <p>10-10:45 Karen Splash</p> <p>11-11:45 Tanya Boom Strength</p> <p>6-7:00p Karen Cardio & Toning**</p>	<p>15</p> <p>9-9:45- Renee Water Aerobics**</p> <p>10-10:45 – Leigh Arthritis**</p> <p>10:15-11 – Renee SS Yoga</p> <p>11:15 – 12 Renee Cardio Circuit</p>	<p>16</p> <p>8:15 – 8:45 Laura Hiit**</p> <p>9 – 9:45 Laura Cardio & Toning**</p> <p>10-10:45 Leigh Cardio</p> <p>10-10:45 Karen Splash</p> <p>11-11:45 Tanya Boom Yoga</p> <p>6-7:00p Karen Cardio & Toning**</p>	<p>17</p> <p>9-9:45 Renee Splash</p> <p>10-10:45 Leigh Water for All</p> <p>11-11:45 – Tanya Boom Stability</p>
<p>20</p> <p>8:15 – 8:45 Laura Hiit**</p> <p>9-9:45- Renee Water Aerobics**</p> <p>10-10:45 – Leigh Arthritis**</p> <p>10:15-11 – Renee SS Yoga</p>	<p>21</p> <p>8:15 – 8:45 Laura Hiit**</p> <p>9 – 9:45 Laura Cardio & Toning**</p> <p>9-9:45 – Renee Circuit</p> <p>10-10:45 Leigh Classic</p> <p>10-10:45 Karen Splash</p> <p>11-11:45 Tanya Boom Strength</p> <p>6-7:00p Karen Cardio & Toning**</p>	<p>22</p> <p>9-9:45- Renee Water Aerobics**</p> <p>10-10:45 – Leigh Arthritis**</p> <p>10:15-11 – Renee SS Yoga</p> <p>11:15 – 12 Renee Cardio Circuit</p>	<p>23</p> <p>8:15 – 8:45 Laura Hiit**</p> <p>9 – 9:45 Laura Cardio & Toning**</p> <p>10-10:45 Leigh Cardio</p> <p>10-10:45 Karen Splash</p> <p>11-11:45 Tanya Boom Yoga</p> <p>6-7:00p Karen Cardio & Toning**</p>	<p>24</p> <p>9-9:45 Renee Splash</p> <p>10-10:45 Leigh Water for All</p> <p>11-11:45 – Tanya Boom Stability</p>
<p>27</p> <p>8:15 – 8:45 Laura Hiit**</p> <p>9-9:45- Renee Water Aerobics**</p> <p>10-10:45 – Leigh Arthritis**</p> <p>10:15-11 – Renee SS Yoga</p>	<p>28</p> <p>8:15 – 8:45 Laura Hiit**</p> <p>9 – 9:45 Laura Cardio & Toning**</p> <p>9-9:45 – Renee Circuit</p> <p>10-10:45 Leigh Classic</p> <p>10-10:45 Karen Splash</p> <p>11-11:45 Tanya Boom Strength</p> <p>6-7:00p Karen Cardio & Toning**</p>	<p>29</p> <p>9-9:45- Renee Water Aerobics**</p> <p>10-10:45 – Leigh Arthritis**</p> <p>10:15-11 – Renee SS Yoga</p> <p>11:15 – 12 Renee Cardio Circuit</p>	<p>30</p> <p>8:15 – 8:45 Laura Hiit**</p> <p>9 – 9:45 Laura Cardio & Toning**</p> <p>10-10:45 Leigh Cardio</p> <p>10-10:45 Karen Splash</p> <p>11-11:45 Tanya Boom Yoga</p> <p>6-7:00p Karen Cardio & Toning**</p>	<p>31</p> <p>9-9:45 Renee Splash</p> <p>10-10:45 Leigh Water for All</p> <p>11-11:45 – Tanya Boom Stability</p>