



A Q U A	Weekday	Mon	Tue	Wed	Thu	Fri	Weekend	Sat	Sun
	8.00am	Deep Natasha	Deep Margaret	Deep Eve	Deep Margaret		9.00am	Deep Natasha	
	9.00am		Gentle Margaret	Gentle Eve	Gentle Margaret				
	7.30pm	Deep Margaret							


 45 minute class


 Warning: class attendance low – may need to cancel – bring a friend

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**SUTHERLANDSHIRE
LEISURE
CENTRES**

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