

Monday	Times
Level 1 Crocodile - 30 min	3.45
Level 2 Stingray - 30 min	4.15 & 6pm
Level 3 Barracuda – 45 min	5.15pm
Level 4 Bronze - 45 min	3.45pm
Level 5 Silver - 60 min	4.30pm
Level 6 Gold - 60 min	5.30pm
Teen Fit - 60 min	6.30pm

Tuesday	Times
Level 1 Crocodile – 30 min	3.45 & 4.45pm
Level 2 Stingray - 30 min	3.45 & 4.15 & 5.15pm
Level 3 Barracuda – 45 min	4.15pm
Level 4 Bronze - 45 min	5.45pm
Level 5 Silver - 60 min	6.00pm
Level 6 Gold - 60 min	5.00pm

Thursday	Times
Level 1 Crocodile – 30 min	3.45, 4.15, 4.45 & 5.45pm
Level 2 Stingray - 30 min	3.45, 4.15, 5.15pm
Level 3 Barracuda – 45 min	4.45 & 5.30pm
Level 4 Bronze - 45 min	4.00 & 4.45pm
Level 5 Silver - 60 min	5.30pm
Level 6 Gold - 60 min	6.15pm
Teen Fit - 60 min	6.30pm

Friday	Times
Level 1 Crocodile – 30 min	3.45 & 4.45pm
Level 2 Stingray - 30 min	4.15 & 5.15pm
Level 3 Barracuda – 45 min	3.45 & 5.45pm
Level 4 Bronze - 45 min	5.30pm
Level 5 Silver - 60 min	6.15pm
Level 6 Gold - 60 min	-

Saturday	Times
Level 1 Crocodile – 30 min	9.15, 9.45am
Level 2 Stingray - 30 min	8.30, 10.15 & 10.45am
Level 3 Barracuda – 45 min	8.30 & 9.45am
Level 4 Bronze - 45 min	9.00 & 11.15am
Level 5 Silver - 60 min	9.00 & 11.00am
Level 6 Gold - 60 min	10.00am