



**TJ's Swim**

# TJ'S SWIM FIT

CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6.15 - 7.00am	AquaBlast		AquaCircuit		AquaBlast
7.00 - 7.30am	Pilates		Pilates		Pilates
9.00 - 9.30am	AquaCardio		AquaCardio		AquaCardio
9.30 - 10.00am	AquaRun		AquaRun		AquaRun
10.00 - 10.30am	AquaPole		AquaBox		AquaCircuit
10.30 - 11.00am	AquaMums		AquaSensory		AquaMums
2.30 - 3.00pm	AquaBlast			AquaBlast	AquaBlast
5.30 - 6.15am	AquaRun	AquaPump	AquaPole	AquaStep	AquaBox

# Memberships

Casual class/session \$15

Bronze Membership 10 visit card

\$45 Senior \$35 Lap swimming only

5.30am - 7am Monday to Friday extended to 11am Mon,Wed,Fri

Silver membership 5 visit card

\$40 for 5 AquaFit classes

\$25 for 5 Adult squad sessions

5.30am - 7am Monday to Friday 6pm- 7pm Tues & Thurs

Gold membership Term of sessions

\$250 Unlimited classes

## **Bootcamp**

**Monday 6.15-7am and Thursday 5.30- 6.15pm**

[www.tjsswim.com](http://www.tjsswim.com)