evolve
HEALTH & FITNESS CLUB

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POOL/GYM WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN POOL/ GYM from 7 AM	OPEN POOL/ GYM from 7 AM	OPEN POOL/ GYM from 7 AM	OPEN POOL/ GYM from 7 AM	OPEN POOL/GYM from 7 AM	OPEN POOL/GYM from 7 AM till 9 PM	OPEN POOL/GYM from 8 AM till 8 PM
AQUA FIT 10:15 ~ 10:45	AQUA FIT 10:15 ~ 10:45	AQUA FIT 10:15 ~ 10:45	CIRCUITS - LOW INTENSITY 10 AM			
OPEN POOL/GYM	OPEN POOL/GYM	OPEN POOL/GYM	OPEN POOL/GYM			
KETTLE BELLS & CORE 1 PM	CIRCUITS 1 PM					
OPEN POOL/GYM	OPEN POOL/GYM		SWIMMING LESSONS 3:45 PM ~ 7 PM	SWIMMING LESSONS 4:30 PM ~ 7 PM		
SWIMMING LESSONS 4:30 PM ~ 7 PM	SWIMMING LESSONS 4:30 PM ~ 7 PM	SWIMMING LESSONS 4:30 PM ~ 7 PM	AQUA FIT 7:30 ~ 8 PM			
BODY PUMP 7 PM	HIIT 7 PM	OPEN POOL/GYM till 9 PM	OPEN POOL/GYM till 9 PM	OPEN POOL/GYM till 9 PM		
OPEN POOL/GYM till 9 PM	OPEN POOL/GYM till 9 PM					