



Fitness First

**FITNESS FIRST DEE WHY  
LANE AVAILABILITY**

Monday : 10/07/2020

Sunday: 27/09/2020

**NO CAP - NO SWIM**

**Family Swim:**

**Monday - Friday 12pm - 3pm**

**Sunday 12pm - 5pm**

	AQUAEROBICS
	SWIM SCHOOL
	AVAILABLE

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane No.	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
6:45						
7:00						
7:15						
7:30	SWIM SCHOOL			SWIM SCHOOL		
7:45					SWIM SCHOOL	
8:00		SWIM SCHOOL				AQUAEROBICS
8:15						
8:30	SWIM SCHOOL					
8:45						
9:00			AQUAEROBICS			
9:15						
9:30			AQUAEROBICS			
9:45						
10:00		SWIM SCHOOL				
10:15	SWIM SCHOOL					
10:30			AQUAEROBICS			
10:45						
11:00						
11:15						
11:30				AQUAEROBICS	AQUAEROBICS	
11:45						SWIM SCHOOL

PM	Monday	Tuesday	Wednesday	Thursday	Friday	SUNDAY AM
Lane No.	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1	5 4 3 2 1
3:00						7:00
3:15						7:15
3:30						7:30
3:45	SWIM SCHOOL			SWIM SCHOOL		7:45
4:00						8:00
4:15						8:15
4:30						8:30
4:45						8:45
5:00						9:00
5:15						9:15
5:30						9:30
5:45						9:45
6:00	SWIM SCHOOL					10:00
6:15						10:15
6:30						10:30
6:45	SWIM SCHOOL					10:45
7:00						11:00
7:15						11:15
7:30						11:30