










DRY SEASON FITNESS

- Wave Lagoon
- Peninsula Lawns

	MON	TUE	WED	THU	FRI	SAT	SUN
Aqua Fitness	6pm			6pm			
Senior Aqua Fitness		9am				9am 	
Vinyasa Flow Yoga 			6.30am 				
Senior Pilates (50+) 			9am 				
Aqua Pilates			6pm				
Senior Yoga (50+) 				9am 			
Mat Pilates 					6.30am 		
Baby Splash					9am		
Deep Water Aerobics					6pm		
Free Yoga with Kalindi						8am	
Aqua Fitness with Nikki							8.30am

All classes are **FREE** for Darwin Waterfront members and just \$8 for casuals