

# JULY TO SEPTEMBER 2019 PROGRAMME SCHEDULE

TIME	JULY TO SEPTEMBER 2019 PROGRAMME SCHEDULE						
	MON	TUE	WED	THU	FRI	SAT	SUN
<b>MORNING</b>							
9:00 AM - 12:30 PM						11:40 - 12:40 PM SWIMSAFER 3 & B	<b>25 AUG ONLY</b> 11:40 - 12:40 PM SWIMSAFER 3 & B
						12:45 PM - 1:30 PM AQUA FIT + DEEP COMBO Instructor: Cyndi	
<b>EVENING</b>							
3:00 PM - 6:30 PM			3:15 - 4:15 PM SWIMSAFER 1 & 2 SWIMSAFER B,S & G			1:40 - 2:40 PM SWIMSAFER 1 & 2 ----- 2:45 - 3:45 PM SWIMSAFER 1 & 2 SWIMSAFER 3 & B (FULL) ----- 3:50 - 4:50 PM SWIMSAFER 1 & 2 (FULL) SWIMSAFER 3 & B SWIMSAFER S & G	<b>(25 AUG ONLY)</b> 1:40 - 2:40 PM SWIMSAFER 1 & 2 ----- 2:45 - 3:45 PM SWIMSAFER 1 & 2 SWIMSAFER 3 & B (FULL) ----- 3:50 - 4:50 PM SWIMSAFER 1 & 2 (FULL) SWIMSAFER 3 & B SWIMSAFER S & G
<b>EVENING</b>							
7:00 PM - 10:00 PM			7:15 - 8.15 PM FIT + DEEP HIIT Instructor: Renuka	7:00 - 8.00 PM AQUA DRUMS VIBES COMBO Instructor: Vikki			
<p style="font-size: small; text-align: center;">Notes: For more information on the specific programmes, you may visit our website at <a href="https://www.sportshub.com.sg/programme?category=20">https://www.sportshub.com.sg/programme?category=20</a></p>							