



Fitness Sessions at Quadrant Complex, Claremont

All levels welcome. Go at your own pace. Have FUN.

Swimming recommences 13 July 2026 - 19 Sep 2026

Mondays 06h15 & 07h15

Tuesdays 06h15, 07h15 & 08h15

Wednesdays 06h15, 07h15 & 08h15

Thursdays 06h15, 07h15 & 08h15

Fridays 06h15 & 07h15

Private Sessions available upon request