

PAAMOA Activities Timetable 2023-24

Aqua Activities

An Introduction to Aqua Exercises for Frail or Older Adults in GASA small pool

Mondays: 12.45 pm – 1.30 pm Arianna Scavonne

Aqua Aerobics in GASA small pool

Mondays: 1.45 pm – 2.30 pm Arianna Scavonne

Tuesdays: 9.00 am – 9.45 am Arianna Scavonne
 9.50 am – 10.35 am Arianna Scavonne

Wednesdays: 2.00 pm – 2.45 pm Natalia Ruiz
 2.45 pm – 3.30 pm Justine Wilding

Fridays: 9.00 am - 9.45 am Rosalind Sivers
 10.00 am - 10.45 am Anne-Marie Gomez
 11.00 am - 11.45 am Anne-Marie Gomez

Aqua Zumba in GASA small pool

Tuesdays: 10.45 am – 11.30 am Natalia Ruiz

Fridays: 12.00 pm - 12.45 pm Natalia Ruiz

Aqua Fit in Lathbury Barracks pool

Mondays: 3.45 pm – 4.30 pm Pat Santos

Wednesdays: 10.00am – 11.00am Pat Santos

Land Activities

Pilates at Boat House, Bayside Sports Complex

Wednesdays:	10.00 am – 10.45 am	Vicky Bautista (mat)
	11.00 am – 11.45 am	Vicky Bautista (mat)
Thursdays:	10.00 am – 10.45 am	Vicky Bautista (mat)
	11.00 am – 11.45 am	Vicky Bautista (mat)
Fridays:	9.30 am – 10.15 am	Simone Redman (mat)
	10.20 am – 11.05 am	Simone Redman (mat)
	11.10 am – 11.55 am	Simone Redman (chair)

Mat classes – Pilates for Seniors for those able to do floor exercises

Chair class – Pilates for Seniors utilising chairs for the less mobile

Yogalates at Boat House, Bayside Sports Complex

Wednesdays:	4.00pm – 4.45pm	Michelle Turner
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Mindful Movement at Boat House, Bayside Sports Complex

Mondays:	10.00 am – 10.45 am	Marie Sacarello
	11.00 am – 11.45 am	Marie Sacarello
Tuesdays:	10.00 am – 10.45 am	Marie Sacarello
	11.00 am – 11.45 am	Marie Sacarello
Wednesdays:	12.00 pm – 12.45 pm	Marie Sacarello

Circuit Training (MUGA)

Wednesdays:	11.00 am – 11.45 am	Karon Mifsud
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