



FELIX FITNESS & SPORTS ACADEMY

Swim Timetable (September - November, 2018)

MONDAY		
MORNING SESSIONS	AFTERNOON SESSIONS	EVENING SESSIONS
	∞ AIRPORT VIEW HOTEL (AIRPORT RESIDENTIAL AREA)	LIZZY SPORTS COMPLEX (EAST LEGON)
	2:00pm – Private Group Class	3:30pm – School Swim
		∞ EAST LEGON GROUP
		4:45pm – Private Group Class
TUESDAY		
MORNING SESSIONS	AFTERNOON SESSIONS	EVENING SESSIONS
	* LABONE GROUP	
	3:00pm – Parents and Babies to Level 2	
	*DZIFA'S GROUP (PALLADIO)	
	4:30pm – Aquanaut to Level 6	
WEDNESDAY		
MORNING SESSIONS	AFTERNOON SESSIONS	EVENING SESSIONS
	∞ AIRPORT VIEW HOTEL (AIRPORT RESIDENTIAL AREA)	∞ MIDINDI HOTEL (CANTONMENT)
	2:00pm – Private Group Class	4:00pm – Private Group Class
	3:00pm – Private Group Class	
		AIRPORT VIEW HOTEL (AIRPORT RESIDENTIAL AREA)
		4:00pm – Aquanaut
		4:30pm – Level 1 & 2
		5:00pm – Level 3 & 4
		5:30pm – Level 5 & 6
		5:30pm – Adult Public Group Class
THURSDAY		
MORNING SESSIONS	AFTERNOON SESSIONS	EVENING SESSIONS
	∞ LABONE GROUP	MIDINDI HOTEL (CANTONMENT)
	3:00pm – Parents and Babies to Level 2	4:00pm – Aquanaut
		4:30pm – Level 1 & 2
		5:00pm – Level 3 & 4
		5:30pm – Level 5 & 6
		6:00pm – Adult Public Group Class

FRIDAY		
<u>MORNING SESSIONS</u>	<u>AFTERNOON SESSIONS</u>	<u>EVENING SESSIONS</u>
∞ HANSON COURT		AIRPORT VIEW HOTEL (AIRPORT RESIDENTIAL AREA)
9:00am – Private Swim		4:00pm – Aquanaut 4:30pm – Level 1 & 2 5:00pm – Level 3 & 4 5:30pm – Level 5 & 6
AIRPORT VIEW HOTEL (AIRPORT RESIDENTIAL AREA)		∞ EAST LEGON
10:00am – School Swim		4:00pm – Private Group Class
		MIDINDI HOTEL (CANTONMENT)
		6:00pm – Adult Public Group Class
SATURDAY		
<u>MORNING SESSIONS</u>	<u>AFTERNOON SESSIONS</u>	<u>EVENING SESSIONS</u>
AIRPORT VIEW HOTEL (AIRPORT RESIDENTIAL AREA)	∞HANSON COURT	∞MIDINDI HOTEL (CANTONMENT)
8:00am – Adult Public Group Class 9:00am – Level 5 to 7 10:00am – Level 3 & 4 10:30am – Level 1 & 2 11:00am – Aquanaut 11:30am – Parents & Babies	1:00pm – Private Group Class	3:00pm – Private Group Class

NB: (*) Open to residents/Embassy staff and their guest only

NB: (∞) Strictly Private