

GROUP FITNESS TIMETABLE

CHRISTMAS HOLIDAYS

OPENING HOURS

DATE	AQUATIC	HEALTH CLUB	CRECHE	STADIUM
Tue 24th Dec	5.30am to 6.00pm	5.30am to 6.00pm	7.45am to 4.00pm	8.00am to 6.00pm
Wed 25th Dec	CLOSED	CLOSED	CLOSED	CLOSED
Thur 26th Dec	8.00am to 6.00pm	8.00am to 6.00pm	CLOSED	8.00am to 6.00pm
Fri 27th Dec	5.30am to 9.00pm	5.30am to 9.00pm	7.45am to 7.30pm	9.00am to 10.30pm
Sat 28th Dec	6.00am to 8.00pm	6.00am to 8.00pm	7.45am to 12.00pm	9.00am to 8.00pm
Sun 29th Dec	6.00am to 8.00pm	6.00am to 8.00pm	CLOSED	9.00am to 8.00pm
Mon 30th Dec	5.30am to 9.00pm	5.30am to 11.00pm	7.45am to 7.30pm	9.00am to 10.30pm
Tue 31st Dec	5.30am to 6.00pm	5.30am to 6.00pm	7.45am to 4.00pm	8.00am to 6.00pm
Wed 1st Jan	8.00pm to 6.00pm	8.00pm to 6.00pm	CLOSED	8.00am to 6.00pm
Thur 2nd Jan	5.30am to 9.00pm	5.30am to 11.00pm	7.45am to 7.30pm	9.00am to 10.30pm

Monday 23rd Dec 2019 - Sunday 29th Dec 2019

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.15 AM	FX30						
9.00 AM	AQUA	AQUA				LES MILLS BODYPUMP	
9.30 AM					LES MILLS BODYPUMP		PILATES
10.00 AM						LES MILLS BODYCOMBAT	
10.30 AM	LES MILLS BODYBALANCE	PILATES			PILATES		
12.30 PM	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT					
3.00 PM						ZUMBA <small>fitness</small>	
4.00 PM						YOGA	LES MILLS BODYCOMBAT
4.30 PM	TABATA	LES MILLS BODYPUMP					
5.30 PM	LES MILLS BODYPUMP						
6.00 PM	YOGA						
6.30 PM	LES MILLS BODYCOMBAT LES MILLS RPM				LES MILLS BODYCOMBAT		

Monday 30th Dec 2019 - Sunday 5th Jan 2020

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM				LES MILLS BODYPUMP			
6.15 AM					FX30	TABATA	
8.00 AM						BOXING	
9.00 AM	AQUA	AQUA		AQUA		LES MILLS BODYPUMP	
9.30 AM				LES MILLS BODYCOMBAT	LES MILLS BODYPUMP		PILATES
10.00 AM						LES MILLS BODYCOMBAT	
10.30 AM	LES MILLS BODYBALANCE	PILATES		LES MILLS BODYPUMP	PILATES		LES MILLS BODYPUMP
11.00 AM						LES MILLS BODYBALANCE	
12.30 PM	LES MILLS BODYPUMP			LES MILLS BODYBALANCE			
3.00 PM						ZUMBA <small>fitness</small>	
4.00 PM						YOGA	LES MILLS BODYCOMBAT
4.30 PM	TABATA	LES MILLS BODYPUMP		TABATA			
5.00 PM							YOGA
5.30 PM	LES MILLS BODYPUMP			LES MILLS BODYPUMP	LES MILLS BODYPUMP		
6.00 PM	YOGA				YOGA		
6.30 PM	LES MILLS BODYCOMBAT LES MILLS RPM			LES MILLS RPM	LES MILLS BODYCOMBAT		
7.30 PM	BOXING			ZUMBA <small>fitness</small>	ZUMBA <small>fitness</small>		