

GROUP FITNESS TIMETABLE

CHRISTMAS HOLIDAYS

OPENING HOURS

DATE	AQUATIC	HEALTH CLUB	CRECHE	STADIUM
Fri 24th December	5:30am - 6pm	5:30am - 6pm	Closed	9am - 6pm
Sat 25th December	Closed	Closed	Closed	Closed
Sun 26th December	8am - 6pm	8am - 6pm	Closed	8am - 6pm
Mon 27th December	8am - 6pm	8am - 6pm	Closed	8am - 6pm
Tues 28th December	8am - 6pm	8am - 6pm	Closed	8am - 6pm
Wed 29th December	5:30am - 9pm	5:30am - 11pm	Closed	9am - 11pm
Thur 30th December	5:30am - 9pm	5:30am - 11pm	Closed	9am - 11pm
Fri 31st December	5:30am - 6pm	5:30am - 6pm	Closed	9am - 6pm
Sat 1st January	8am - 6pm	8am - 6pm	Closed	8am - 6pm
Sun 2nd January	6am - 8pm	6am - 8pm	Closed	9am - 8pm
Mon 3rd January	8am - 6pm	8am - 6pm	Closed	8am - 6pm
Tues 4th January	5:30am - 9pm	5:30am - 11pm	7:30am - 12:30pm	9am - 11pm

Monday 20th December - Sunday 26th December

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM	FX30	Body Pump	FX30	Body Pump	FX30		
8:00 AM	Silver Sneakers // Aqua	Aqua	Silver Sneakers // Aqua	Aqua	Aqua		
9:00 AM	Aqua	Aqua	Aqua	Aqua	Aqua		
9:30 AM	Step	Body Pump		Body Combat	Body Pump		
10:30 AM	Body Balance	Pilates	Tabata	Yoga	Pilates		
11:30 AM	Tabata	Body Balance	Body Balance		Yoga		
12:30 PM	Body Pump		Body Pump	Body Pump			
4:30 PM	Zumba	Body Pump	Yoga				
5:30 PM	Body Pump	Body Attack	Zumba	Body Pump			
6:30 PM	Body Combat	Body Combat	Body Pump	Body Combat			
7:30 PM	Body Combat	Zumba	Body Combat	Zumba			

Monday 27th December - Sunday 2nd January

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM					FX30		
8:00 AM			Silver Sneakers // Aqua	Aqua			
9:00 AM			Aqua	Aqua			
9:30 AM				Body Combat	Body Pump		Pilates
10:30 AM	Body Balance	Pilates	Tabata	Yoga	Pilates		Body Pump
11:30 AM			Body Balance		Yoga		
12:30 PM	Body Pump	Body Combat	Body Pump	Body Pump			
4:30 PM	Body Combat	Body Pump	Yoga				Body Combat
5:30 PM			Zumba	Body Pump			
6:30 PM			Body Pump	Body Combat			

Monday 3rd January - Sunday 9th January

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM		Body Pump	FX30	Body Pump	FX30		
8:00 AM		Aqua	Silver Sneakers // Aqua	Aqua	Aqua	Body Attack	
8:30 AM							Pilates
9:00 AM		Aqua	Aqua	Aqua	Aqua	Body Pump	
9:30 AM		Body Pump		Body Combat	Body Pump		Pilates
10:00 AM						Body Combat	
10:30 AM	Body Balance	Pilates	Tabata	Yoga	Pilates		Body Pump
11:00 AM						Body Balance	
11:30 AM		Body Balance	Body Balance		Yoga		
12:00 PM						Zumba	
12:30 PM	Body Pump		Body Pump	Body Pump			
1:00 PM						Step	
4:30 PM	Body Combat	Body Pump	Yoga				Body Combat
5:30 PM		Body Attack	Zumba	Body Pump	Body Pump		
6:30 PM		Body Combat	Body Pump	Body Combat	Body Combat		
7:30 PM		Zumba	Body Combat	Zumba	Zumba		