

# GROUP FITNESS TIMETABLE

CHRISTMAS HOLIDAYS

## OPENING HOURS

| DATE                               | AQUATICS     | HEALTH CLUB   | STADIUM       | CRECHE                     |
|------------------------------------|--------------|---------------|---------------|----------------------------|
| Mon 19th December                  | 5:30am - 9pm | 5:30am - 9pm  | 8:30am - 9pm  | Open                       |
| Tue 20th December                  | 5:30am - 9pm | 5:30am - 9pm  | 8:30am - 9pm  | Open                       |
| Wed 21st December                  | 5:30am - 9pm | 5:30am - 9pm  | 8:30am - 9pm  | Open                       |
| Thu 22nd December                  | 5:30am - 9pm | 5:30am - 9pm  | 8:30am - 9pm  | Open                       |
| Fri 23rd December                  | 5:30am - 9pm | 5:30am - 9pm  | 8:30am - 9pm  | / / / / /<br><b>CLOSED</b> |
| Sat 24th December   Xmas Eve       | 8am - 4pm    | 8am - 4pm     | 8am - 4pm     |                            |
| Sun 25th December   Christmas Day  | CLOSED       | CLOSED        | CLOSED        |                            |
| Mon 26th December   Boxing Day     | 8am - 6pm    | 8am - 6pm     | 8:30am - 6pm  |                            |
| Tue 27th December   Public Holiday | 8am - 6pm    | 8am - 6pm     | 8:30am - 6pm  |                            |
| Wed 28th December                  | 5:30am - 9pm | 5:30am - 9pm  | 8:30am - 9pm  | / / / / /<br><b>CLOSED</b> |
| Thu 29th December                  | 5:30am - 9pm | 5:30am - 9pm  | 8:30am - 9pm  |                            |
| Fri 30th December                  | 5:30am - 9pm | 5:30am - 9pm  | 8:30am - 9pm  |                            |
| Sat 31st December                  | 8am - 4pm    | 8am - 4pm     | 8am - 4pm     |                            |
| Sun 1st January   New Years Day    | 8am - 6pm    | 8am - 6pm     | 8am - 6pm     |                            |
| Mon 2nd January   Public Holiday   | 8am - 6pm    | 8am - 6pm     | 8am - 6pm     | / / / / /<br><b>CLOSED</b> |
| Tue 3rd January                    | 5:30am - 9pm | 5:30am - 11pm | 8:30am - 11pm |                            |

# WEEK ONE

## Monday 19th December - Sunday 25th December

| TIME     | MON 19th        | TUE 20th     | WED 21st        | THU 22nd      | FRI 23rd        | SAT 24th | SUN 25th |
|----------|-----------------|--------------|-----------------|---------------|-----------------|----------|----------|
| 6:00 AM  |                 | BODYPUMP     |                 | BODYPUMP      |                 |          |          |
| 6:15 AM  | FX30            |              | FX30            |               | FX30            |          |          |
| 7:00 AM  |                 |              |                 |               |                 |          |          |
| 7:15 AM  |                 |              |                 |               |                 |          |          |
| 7:30 AM  |                 |              |                 |               |                 |          |          |
| 8:00 AM  | AQUA            | AQUA         | AQUA            |               |                 |          |          |
| 8:00 AM  | SILVER SNEAKERS |              | SILVER SNEAKERS |               |                 |          |          |
| 8:15 AM  |                 |              |                 |               |                 |          |          |
| 8:15 AM  |                 |              |                 |               |                 |          |          |
| 8:30 AM  |                 |              |                 | AQUA          | AQUA            |          |          |
| 9:00 AM  | AQUA            | AQUA         | AQUA            |               |                 |          |          |
| 9:15 AM  |                 |              |                 |               |                 |          |          |
| 9:15 AM  |                 |              |                 |               |                 |          |          |
| 9:30 AM  | STEP            | BODY PUMP    | FX30            | BODY COMBAT   | BODY PUMP       |          |          |
| 9:30 AM  |                 |              |                 |               | SILVER SNEAKERS |          |          |
| 10:00 AM |                 |              |                 |               |                 |          |          |
| 10:15 AM |                 |              |                 |               |                 |          |          |
| 10:30 AM | BODYBALANCE     | PILATES      | TABATA          | YOGA          | PILATES         |          |          |
| 11:30 AM | TABATA          | BODY BALANCE | BODY BALANCE    |               | YOGA            |          |          |
| 12:00 PM |                 |              |                 |               |                 |          |          |
| 12:30 PM | BODY PUMP       |              | BODY PUMP       | BODY PUMP     |                 |          |          |
| 1:00 PM  |                 |              |                 |               |                 |          |          |
| 3:00 PM  |                 |              |                 |               |                 |          |          |
| 4:00 PM  |                 |              |                 |               |                 |          |          |
| 4:30 PM  | ZUMBA           | BODY PUMP    | YOGA            |               |                 |          |          |
| 5:00 PM  |                 |              |                 |               |                 |          |          |
| 5:15 PM  |                 |              |                 |               |                 |          |          |
| 5:30 PM  | BODY PUMP       | BODY ATTACK  | CARDIO BOXING   | BODY PUMP     |                 |          |          |
| 6:00 PM  | YOGA            | YOGA         |                 |               |                 |          |          |
| 6:30 PM  | BODY COMBAT     | BODY COMBAT  | BODY BALANCE    | CARDIO BOXING |                 |          |          |
| 6:30 PM  | SPIN            | SPIN         | BODY PUMP       | SPIN          |                 |          |          |
| 6:15 PM  |                 |              |                 |               |                 |          |          |
| 7:00 PM  | PILATES         |              |                 |               |                 |          |          |
| 7:30 PM  | CARDIO BOXING   | ZUMBA        | BODY COMBAT     | ZUMBA         |                 |          |          |

Book your class via [BLUEFIT HEALTH CLUB APP](#)

or at [HURSTVILLEAQUATIC.COM.AU/TIMETABLE](https://www.hurstvilleaquatic.com.au/timetable)

# WEEK TWO

## Monday 26th December - Sunday 1st January

| TIME     | MON 26th     | TUE 27th  | WED 28th        | THU 29th      | FRI 30th        | SAT 31st | SUN 1st |
|----------|--------------|-----------|-----------------|---------------|-----------------|----------|---------|
| 6:00 AM  |              |           |                 | BODYPUMP      |                 |          |         |
| 6:15 AM  |              |           | FX30            |               | FX30            |          |         |
| 7:00 AM  |              |           |                 |               |                 |          |         |
| 7:15 AM  |              |           |                 |               |                 |          |         |
| 7:30 AM  |              |           |                 |               |                 |          |         |
| 8:00 AM  |              |           |                 |               |                 |          |         |
| 8:00 AM  |              |           | SILVER SNEAKERS |               |                 |          |         |
| 8:15 AM  |              |           |                 |               |                 |          |         |
| 8:30 AM  |              | AQUA      | AQUA            | AQUA          | AQUA            |          |         |
| 9:00 AM  |              |           |                 |               |                 |          |         |
| 9:15 AM  |              |           |                 |               |                 |          |         |
| 9:15 AM  |              |           |                 |               |                 |          |         |
| 9:30 AM  |              |           |                 | BODY COMBAT   | BODY PUMP       |          |         |
| 9:30 AM  |              |           | FX30            |               | SILVER SNEAKERS |          |         |
| 10:00 AM |              |           |                 |               |                 |          |         |
| 10:15 AM |              |           |                 |               |                 |          |         |
| 10:15 AM |              |           |                 |               |                 |          |         |
| 10:30 AM | BODY PUMP    | PILATES   | TABATA          | YOGA          | PILATES         |          |         |
| 11:30 AM | BODY BALANCE |           | BODY BALANCE    |               | YOGA            |          |         |
| 12:00 PM |              |           |                 |               |                 |          |         |
| 12:30 PM |              |           | BODY PUMP       | BODY PUMP     |                 |          |         |
| 1:00 PM  |              |           |                 |               |                 |          |         |
| 3:00 PM  |              |           |                 |               |                 |          |         |
| 4:00 PM  | BODY COMBAT  | BODY PUMP |                 |               |                 |          |         |
| 4:30 PM  |              |           | YOGA            |               |                 |          |         |
| 5:00 PM  |              |           |                 |               |                 |          |         |
| 5:15 PM  |              |           |                 |               |                 |          |         |
| 5:30 PM  |              |           | CARDIO BOXING   | BODY PUMP     | BODY PUMP       |          |         |
| 6:00 PM  |              |           |                 |               |                 |          |         |
| 6:30 PM  |              |           | BODY PUMP       | SPIN          |                 |          |         |
| 6:30 PM  |              |           | BODY BALANCE    | CARDIO BOXING | BODY COMBAT     |          |         |
| 7:00 PM  |              |           |                 |               |                 |          |         |
| 7:30 PM  |              |           | BODY COMBAT     | ZUMBA         | ZUMBA           |          |         |

# WEEK THREE

| Monday 2nd January - Sunday 8th January |             |              |                 |               |                 |               |             |
|---|-------------|--------------|-----------------|---------------|-----------------|---------------|-------------|
| TIME                                    | MON 2nd     | TUE 3rd      | WED 21st        | THU 5th       | FRI 6th         | SAT 7th       | SUN 8th     |
| 6:00 AM                                 |             | BODYPUMP     |                 | BODYPUMP      |                 |               |             |
| 6:15 AM                                 |             |              | FX30            |               | FX30            |               |             |
| 7:00 AM                                 |             |              |                 |               |                 | CARDIO BOXING |             |
| 7:15 AM                                 |             |              |                 |               |                 |               |             |
| 7:30 AM                                 |             |              |                 |               |                 |               |             |
| 8:00 AM                                 |             | AQUA         | AQUA            | AQUA          | AQUA            | BODY ATTACK   |             |
| 8:00 AM                                 |             |              | SILVER SNEAKERS |               |                 |               |             |
| 8:15 AM                                 |             |              |                 |               |                 |               |             |
| 8:30 AM                                 |             |              |                 |               |                 |               | PILATES     |
| 9:00 AM                                 |             | AQUA         | AQUA            | AQUA          | AQUA            | BODY PUMP     |             |
| 9:15 AM                                 |             |              |                 |               |                 |               |             |
| 9:15 AM                                 |             |              |                 |               |                 |               |             |
| 9:30 AM                                 |             | BODY PUMP    |                 | BODY COMBAT   | BODY PUMP       | SPIN          | PILATES     |
| 9:30 AM                                 |             |              | FX30            |               | SILVER SNEAKERS |               |             |
| 10:00 AM                                |             |              |                 |               |                 | BODY COMBAT   |             |
| 10:15 AM                                |             |              |                 |               |                 |               |             |
| 10:15 AM                                |             |              |                 |               |                 |               |             |
| 10:30 AM                                | BODY PUMP   | PILATES      | TABATA          | YOGA          | PILATES         |               | BODY PUMP   |
| 11:00 AM                                |             |              |                 |               |                 | BODY BALANCE  |             |
| 11:30 AM                                | PILATES     | BODY BALANCE | BODY BALANCE    |               | YOGA            |               |             |
| 12:00 PM                                |             |              |                 |               |                 | ZUMBA         |             |
| 12:30 PM                                |             |              | BODY PUMP       | BODY PUMP     |                 |               |             |
| 1:00 PM                                 |             |              |                 |               |                 | STEP          |             |
| 3:00 PM                                 |             |              |                 |               |                 |               |             |
| 4:00 PM                                 | BODY COMBAT |              |                 |               |                 |               | BODY COMBAT |
| 4:30 PM                                 |             | BODY PUMP    | YOGA            |               |                 |               |             |
| 5:15 PM                                 |             |              |                 |               |                 |               |             |
| 5:30 PM                                 |             | BODY ATTACK  | CARDIO BOXING   | BODY PUMP     | BODY PUMP       |               |             |
| 6:00 PM                                 |             | YOGA         |                 |               |                 |               |             |
| 6:30 PM                                 |             | SPIN         | BODY PUMP       | SPIN          |                 |               |             |
| 6:30 PM                                 |             | BODY COMBAT  | BODY BALANCE    | CARDIO BOXING | BODY COMBAT     |               |             |
| 7:00 PM                                 |             |              |                 |               |                 |               |             |
| 7:30 PM                                 |             | ZUMBA        | BODY COMBAT     | ZUMBA         | ZUMBA           |               |             |

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