

GROUP FITNESS TIMETABLE

CHRISTMAS HOLIDAYS

Monday 16 th Dec 2019 - Sunday 22 nd Dec 2019							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:45 AM	FX30	FX30		FX30	FX30		
6.00 AM		CYCLE		CYCLE			
6.15 AM			CARDIO BOXING				
6.20AM	FX30	FX30		FX30	FX30		
7.00AM						FX30	
8.00 AM						LES MILLS BODYBALANCE	YOGA
8.10 AM		FIT & FAB			FIT & FAB		
8.15 AM						FX30	FX30
8.30 AM	SCULPT AQUA		AQUA	SCULPT			AQUA
8.50 AM						FX30	FX30
9.00 AM		AQUA		AQUA	CARDIO BOXING	LES MILLS BODYPUMP AQUA	
9.30 AM	LES MILLS BODYPUMP AQUA FX30	CARDIO BOXING	LES MILLS BODYPUMP AQUA FX30		AQUA		LES MILLS BODYPUMP AQUA
10.00 AM	ABT BASIC	AQUA BASIC	ABT BASIC			AQUA	
10.30 AM	PILATES	PILATES	YOGA	 ZUMBA			PILATES
11.00 AM					PILATES	YOGA	
11.30 AM			PILATES	YOGA			
11.45 AM	PILATES						
12.30 PM		FX30					
3.30 PM						 ZUMBA	
5.30 PM	BARRE	LES MILLS BODYPUMP	 ZUMBA	PILATES	 ZUMBA		
6.00 PM	FX30 CYCLE	PURSUIT	FX30	FX30			
6.30 PM	LES MILLS BODYCOMBAT	BARRE	CYCLE CARDIO BOXING				
7.00 PM	AQUA		AQUA				
7.30 PM	 ZUMBA	MIND & BODY YOGA					

Monday 23rd Dec 2019 - Sunday 29th Dec 2019

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM		CYCLE					
6.20AM	FX30	FX30			FX30		
7.00AM						FX30	
8.00 AM						CYCLE	YOGA
8.15 AM						FX30	FX30
8.30 AM	SCULPT						AQUA
8.50 AM						FX30	FX30
9.00 AM		AQUA				AQUA	
9.30 AM	AQUA	AQUA	AQUA		AQUA		LES MILLS BODYPUMP
	FX30	BOXING					
10.00 AM					LES MILLS BODYPUMP		
11.00 AM					PILATES	YOGA	
3.30 PM						ZUMBA	
6.00 PM	FX30						
	CYCLE						

Monday 30th Dec 2019 - Sunday 5th Jan 2020

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.20AM	FX30				FX30		
8.00 AM						LES MILLS BODYBALANCE	YOGA
8.15 AM						FX30	FX30
8.30 AM							AQUA
8.50 AM						FX30	
9.00 AM					BOXING	LES MILLS BODYPUMP	
9.30 AM	AQUA						LES MILLS BODYPUMP
	LES MILLS BODYPUMP						
10.30 AM							PILATES
11.00 AM				YOGA	PILATES		
3.30 PM						ZUMBA	
5.30 PM				PILATES			

OPENING HOURS

DATE	AQUATIC	HEALTH CLUB	CRECHE
Tuesday 24th Dec	6.00am to 6.00pm	5.30am to 6.00pm	///
Wednesday 25th Dec	CLOSED	CLOSED	///
Thursday 26th Dec	8.00am to 6.00pm	8.00am to 6.00pm	///
Friday 27th Dec	6.00am to 9.00pm	5.30am to 9.00pm	
Saturday 28th Dec	6.00am to 8.00pm	6.00am to 6.30pm	CLOSED
Sunday 29th Dec	6.00am to 8.00pm	6.00am to 6.30pm	
Monday 30th Dec	6.00am to 9.00pm	5.30am to 9.00pm	
Tuesday 31st Dec	6.00am to 6.00pm	5.30am to 6.00pm	
Wednesday 1st Jan	8.00am to 6.00pm	8.00am to 6.00pm	///
Thursday 2nd Jan	6.00am to 9.00pm	5.30am to 9.00pm	///