

# GROUP FITNESS TIMETABLE

CHRISTMAS HOLIDAYS

## OPENING HOURS

DATE	AQUATIC	HEALTH CLUB	CRECHE
Friday 24th December	5:30am - 6pm	5:30am - 6pm	 <b>CLOSED</b> 
Saturday 25th December	<b>Closed</b>	<b>Closed</b>	
Sunday 26th December	8am - 6pm	8am - 6pm	
Monday 27th December	8am - 6pm	8am - 6pm	
Tuesday 28th December	8am - 6pm	8am - 6pm	
Wednesday 29th December	5:30am - 9pm	5:30am - 10pm	
Thursday 30th December	5:30am - 9pm	5:30am - 10pm	
Friday 31st December	5:30am - 6pm	5:30am - 6pm	
Saturday 1st January	8am - 6pm	8am - 6pm	
Sunday 2nd January	6am - 8pm	6am - 6:30pm	
Monday 3rd January	8am - 6pm	8am - 6pm	
Tuesday 4th January	5:30am - 9pm	5:30am - 10pm	

# Monday 20th December - Sunday 26th December

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:45 AM	FX30	FX30	FX30	FX30	FX30		
6:00 AM		Cycle		Cycle			
6:30 AM	FX30	FX30	FX30	FX30	FX30		
7:30 AM	Sculpt						
8:00 AM			Fit & Fab		Fit & Fab		
8:30 AM	Abs & Stretch						
8:30 AM	Aqua						
9:00 AM	Reformer Pilates	Aqua	Aqua	Aqua	Aqua		
9:00 AM		Mat Pilates					
9:30 AM	Body Pump		Body Pump	Barre	Cycle		
9:30 AM					Body Pump		
9:30 AM	Aqua Aerobics						
10:00 AM	Basic Reformer	Aqua	Aqua	Aqua	Aqua		
10:00 AM		Basic Reformer	Basic Reformer	Body Combat			
10:30 AM	Mat Pilates	Mat Pilates	Yoga				
11:00 AM			Basic Reformer		Mat Pilates		
11:30 AM	Mat Pilates		Mat Pilates				
5:30 PM		Body Pump	Zumba	Mat Pilates			
6:00 PM	Cycle	Cycle					
6:30 PM	Aqua	Body Combat		Tabata			
6:30 PM	Body Combat						
7:00 PM	Reformer Pilates		Aqua				
7:15 PM				Zumba			
7:30 PM	Zumba						

# Monday 26th December - Sunday 2nd January

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:45 AM		FX30	FX30	FX30			
6:00 AM		FX30		Cycle			
6:30 AM	FX30		FX30	FX30			
8:15 AM							FX30
8:30 AM	Aqua						
8:30 AM							Aqua
9:00 AM		Aqua	Aqua	Aqua			
9:00 AM		Mat Pilates					Basic Reformer
9:30 AM	FX30		FX30	Barre			Aqua
9:30 AM	Body Pump						Mat Pilates
9:30 AM	Aqua						
10:00 AM	Basic Reformer	Aqua	Aqua	Aqua			
10:15 AM			ABT				
10:30 AM	Mat Pilates		Body combat	Zumba			
11:30 AM	Body Combat		Mat Pilates				
5:30 AM		Body Pump		Mat Pilates			
6:00 PM		ABT	FX30				
6:30 PM				Tabata			
6:45 PM		FX30					