

GROUP FITNESS TIMETABLE

CHRISTMAS HOLIDAYS

OPENING HOURS

DATE	AQUATICS	HEALTH CLUB	CRECHE
Monday 19th December	5:30am - 9pm	OPEN 24/7	
Tuesday 20th December	5:30am - 9pm		
Wednesday 21st December	5:30am - 9pm		
Thursday 22nd December	5:30am - 9pm		
Friday 23rd December	5:30am - 9pm		
Saturday 24th December Xmas Eve	6am - 4pm		
Sunday 25th December Christmas Day	CLOSED		
Monday 26th December Boxing Day	8am - 6pm		CLOSED
Tuesday 27th December Public Holiday	8am - 6pm		
Wednesday 28th December	5:30am - 9pm		
Thursday 29th December	5:30am - 9pm		
Friday 30th December	5:30am - 9pm		
Saturday 31st December	6am - 4pm		
Sunday 1st January New Years Day	8am - 6pm		
Monday 2nd January Public Holiday	8am - 6pm		
Tuesday 3rd January	5:30am - 9pm		

WEEK ONE

Monday 19th December - Sunday 25th December							
TIME	MON 19th	TUE 20th	WED 21st	THU 22nd	FRI 23rd	SAT 24th	SUN 25th
5:45 AM	FX30	FX30	FX30	FX30	FX30		
6:00 AM		SPIN		SPIN			
6:30 AM	FX30	FX30	CARDIO BOXING	FX30	FX30		
7:30 AM							
8:00 AM			FIT N FAB		AQUA	SPIN	
8:15 AM						FX30	
8:30 AM	AQUA						
9:00 AM	REFORMER	PILATES	REFORMER	AQUA	BODY PUMP	FX30	
9:00 AM		AQUA	AQUA		AQUA	BODY PUMP	
9:00 AM						REFORMER	
9:30 AM	FX30		BODY PUMP	BARRE	REFORMER		
9:30 AM	BODY PUMP						
9:30 AM	AQUA						
10:00 AM	BASIC	BASIC	BASIC	AQUA	YOGA		
10:00 AM		AQUA			AQUA		
10:15 AM	ABT						
10:30 AM	PILATES	PILATES	YOGA	ZUMBA	BASIC		
10:30 AM			BASIC				
11:00 AM			BASIC		PILATES	YOGA	
11:30 AM	PILATES		PILATES	YOGA			
12:00 PM					PILATES		
12:30 PM		FX30					
5:30 PM	BARRE	BODY PUMP	BODY COMBAT		ZUMBA		
6:00 PM	FX30	ABT	FX30	FX30			
6:00 PM		SPIN					
6:00 PM		REFORMER					
6:30 PM	COMBAT		BODY BALANCE	TABATA			
6:30 PM	AQUA			CARDIO BOXING			
6:45 PM	FX30	FX30	ABT				
7:00 PM		REFORMER					
7:15 PM				DANCE FITNESS			
7:30 PM	ZUMBA	YOGA					

WEEK TWO

Monday 26th December - 1st January							
TIME	MON 26th	TUE 27th	WED 28th	THU 29th	FRI 30th	SAT 31st	SUN 1st
5:45 AM			FX30	FX30			
6:00 AM							
6:30 AM			CARDIO BOXING	FX30			
7:30 AM							
8:00 AM					AQUA		
8:15 AM						FX30	
8:30 AM							AQUA
9:00 AM			AQUA	AQUA	AQUA	FX30	
9:00 AM							
9:00 AM						REFORMER	
9:30 AM							AQUA
10:00 AM				AQUA	AQUA		
10:15 AM							
10:30 AM				ZUMBA			
11:00 AM						YOGA	
11:00 AM						AQUA	
11:30 AM				YOGA			
12:00 PM							
12:30 PM							
5:30 PM			BODY COMBAT		ZUMBA		
6:00 PM							
6:00 PM							
6:30 PM			BODY BALANCE				
6:45 PM							
7:00 PM							
7:15 PM							
7:30 PM							

WEEK THREE

Monday 2nd January - Sunday 8th January							
TIME	MON 2nd	TUE 3rd	WED 4th	THU 5th	FRI 6th	SAT 7th	SUN 8th
5:45 AM		FX30	FX30	FX30			
6:00 AM				SPIN			
6:30 AM		FX30	CARDIO BOXING	FX30			
7:30 AM							
8:00 AM					AQUA		YOGA
8:15 AM						FX30	FX30
8:30 AM	AQUA						AQUA
8:30 AM							REFORMER
9:00 AM		PILATES	AQUA	AQUA	AQUA	FX30	FX30
9:00 AM		AQUA				BODY PUMP	
9:00 AM						REFORMER	
9:30 AM	AQUA		BODY PUMP	BARRE			AQUA
9:30 AM							PILATES
9:30 AM							REFORMER
10:00 AM		AQUA		AQUA			
10:15 AM							
10:30 AM				ZUMBA			BODY PUMP
10:30 AM							BASIC
11:00 AM						YOGA	
11:00 AM						AQUA	
11:30 AM				YOGA			
12:00 PM							
12:30 PM		FX30					
5:30 PM			BODY COMBAT		ZUMBA		
6:00 PM		ABT	FX30	FX30			
6:00 PM		SPIN					
6:00 PM		REFORMER					
6:30 PM			BODY BALANCE	CARDIO BOXING			
6:45 PM		FX30	ABT				
7:00 PM		REFORMER					
7:15 PM				DANCE FITNESS			
7:30 PM		YOGA					