

GROUP FITNESS TIMETABLE

CHRISTMAS HOLIDAYS

OPENING HOURS

DATE	AQUATIC	HEALTH CLUB	CRECHE
Fri 24th December	5:30am - 7pm	24/7	Closed
Sat 25th December	Closed	24/7	Closed
Sun 26th December	9am - 5pm	24/7	Closed
Mon 27th December	7am - 6pm	24/7	Closed
Tues 28th December	7am - 6pm	24/7	Closed
Wed 29th December	5:30am - 9pm	24/7	Closed
Thurs 30th December	5:30am - 9pm	24/7	Closed
Fri 31st December	5:30am - 7pm	24/7	Closed
Sat 1st January	7am - 6pm	24/7	Closed
Sun 2nd January	9am - 5pm	24/7	Closed
Mon 3rd January	7am - 6pm	24/7	Closed
Tues 4th January	as per usual	as per usual	as per usual

Monday 20th December - Sunday 26th December

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM		FX30		FX30			
7:30 AM		Aqua		Aqua			
8:30AM	Aqua		Aqua		Aqua		
9:30AM	Body Pump	Zumba	Fat Burner	Step	BodyPump		
10:30 AM	Pilates	Abs & Stretch					
11:30 AM	FitnFab	SFL	FitnFab	SFL	FitnFab		
12:30 PM							
5:30 PM	Body Balance	Fat Burner	BodyPump				
6:30 PM	Body Combat	FX30	Yoga				

Monday 27th December - Sunday 2nd January

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM							
7:30 AM				Aqua			
8:30AM			Aqua		Aqua		
9:30 AM			Fat Burner	Step	BodyPump		
10:30 AM							
11:30 AM			FitnFab		FitnFab		
12:30 PM							
5:30 PM			BodyPump				
6:30 PM			Yoga				

Monday 3rd January - Sunday 9th January

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM		FX30		FX30			NO GROUP FITNESS CLASSES
7:30 AM		Aqua		Aqua		FX30	
8:30AM			Aqua		Aqua		
9:30 AM		Zumba	Fat Burner	Step	BodyPump	BodyPump	
10:30 AM		Abs & Stretch		RPM	Freestyle Combat		
11:30 AM		SFL	FitnFab	SFL	FitnFab		
12:30 PM							
5:30 PM		Fat Burner	BodyPump				
6:30 PM		FX30	Yoga	Hardcore			
7:15PM		Aqua		Aqua			