

GROUP FITNESS TIMETABLE

CHRISTMAS HOLIDAYS



OPENING HOURS

DATE	AQUATIC	HEALTH CLUB	CRECHE
Tuesday 24th Dec	6.00am to 8.00pm	6.00am to 9.00pm	///
Wednesday 25th Dec	CLOSED	CLOSED	///
Thursday 26th Dec	9.00am to 5.00pm	9.00am to 6.00pm	///
Friday 27th Dec	6.00am to 8.00pm	6.00am to 9.00pm	///
Saturday 28th Dec	8.00am to 5.00pm	8.00am to 6.00pm	CLOSED
Sunday 29th Dec	9.00am to 5.00pm	9.00am to 6.00pm	CLOSED
Monday 30th Dec	6.00am to 8.00pm	6.00am to 9.00pm	///
Tuesday 31st Dec	6.00am to 8.00pm	6.00am to 9.00pm	///
Wednesday 1st Jan	1.00pm to 4.30pm	1.00pm to 5.30pm	///
Thursday 2nd Jan	6.00am to 8.00pm	6.00am to 9.00pm	///

Monday 16th Dec 2019 - Sunday 22nd Dec 2019

TIME	MON	TUE	WED	THU	FRI	SAT
6.15 AM	POWERBAR	BOXING	LES MILLS BODYPUMP	FX30	CYCLE	
7:00 AM					PILATES	
8:00 AM			GENTLE AQUA			
8.15 AM						LES MILLS BODYPUMP
8.30 AM		DEEP AQUA				
9.30 AM	LES MILLS BODYPUMP	PILATES	LES MILLS BODYPUMP	CYCLE	BOOT CAMP	AQUA AEROBICS
	AQUA AEROBICS	AQUA AEROBICS		AQUA AEROBICS		
10.45 AM	PILATES			MIND AND		
12.00 PM	PURSUIT	PILATES	FX30	seniors gym	PILATES	
	GENTLE AQUA		GENTLE AQUA			
1.00 PM		seniors gym				
4.00 PM	ACTIVE TEENS					
5.30 PM	LES MILLS BODYPUMP	FX30 DEEP AQUA	PILATES	LES MILLS BODYPUMP		

Monday 23rd Dec 2019 - Sunday 29th Dec 2019

TIME	MON	TUE	WED	THU	FRI	SAT
6.15 AM	POWERBAR	BOXING			CYCLE	
8.15 AM						LES MILLS BODYPUMP
9.30 AM	LES MILLS BODYPUMP	PILATES			BOOT CAMP	AQUA AEROBICS
	AQUA AEROBICS					
10.45 AM	PILATES					
12.00 PM	GENTLE AQUA				PILATES	
5.30 PM	LES MILLS BODYPUMP					

Monday 30th Dec 2019 - Sunday 5th Jan 2020

TIME	MON	TUE	WED	THU	FRI	SAT
6.15 AM	POWERBAR	BOXING		FX30	CYCLE	
7:00 AM					PILATES	
8.15 AM						LES MILLS BODYPUMP
9.30 AM	LES MILLS BODYPUMP	PILATES		CYCLE	BOOT CAMP	AQUA AEROBICS
	AQUA AEROBICS	AQUA AEROBICS		AQUA AEROBICS		
10.45 AM	PILATES				POWERBAR	
12.00 PM	GENTLE AQUA	PILATES		seniors gym		
4.00 PM	ACTIVE TEENS					
5.30 PM	LES MILLS BODYPUMP			LES MILLS BODYPUMP DEPP AQUA	BOXING	