

GROUP FITNESS TIMETABLE

CHRISTMAS HOLIDAYS

OPENING HOURS

DATE	AQUATIC	HEALTH CLUB	CRECHE
Fri 24th December	6:00am - 6:00pm	6:00am - 6:00pm	/ / /
Sat 25th December	Closed	Closed	/ / /
Sun 26th December	9:00am - 5:00pm	9:00am - 6:00pm	/ / /
Mon 27th December	9:00am - 5:00pm	9:00am - 6:00pm	/ / /
Tues 28th December	9:00am - 5:00pm	9:00am - 6:00pm	/ / /
Wed 29th December	6:00am - 8:00pm	6:00am - 9:00pm	CLOSED
Thurs 30th December	6:00am - 8:00pm	6:00am - 9:00pm	/ / /
Fri 31st December	6:00am - 6:00pm	6:00am - 6:00pm	/ / /
Sat 1st January	1:00 PM - 4:30pm	1:00pm - 5:30pm	/ / /
Sun 2nd January	9:00am - 5:00pm	9:00am - 6:00pm	/ / /
Mon 3rd January	9:00am - 5:00pm	9:00am - 6:00pm	/ / /
Tues 4th January	6:00am - 8:00pm	6:00am - 9:00pm	/ / /

Monday 20th December - Sunday 26th December

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM	Super Circuit	Hardcore	Body Pump	FX30	Spin		
8:30 AM		Deep Aqua		Deep Aqua			
9:30 AM	Body Pump	Stretch and Abs	Body Pump	Spin	Power Bar		
	Aqua Aerobics	Aqua Aerobics		Aqua Aerobics			
10:45 AM	Sculpt	Power Bar		Sculpt			
12:00 PM			Gentle Aqua				
5:30 PM	Spin & Body Pump	Super Circuit	Sculpt	Body Pump			

Monday 27th December - Sunday 2nd January

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM			Body Pump	FX30	Spin		
7:00 AM					Pilates		
8:30 AM				Deep Aqua			
9:30 AM			Body Pump	Aqua Aerobics	Power Bar		
10:45 AM				Pilates			
12:00 PM			Gentle Aqua				
5:30 PM			Sculpt	Body Pump			

Monday 3rd January - Sunday 9th January

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM		Boxing	Body Pump	FX30	Spin		
7:00 AM		Abs and Stretch			Pilates		
8:00 AM			Gentle Aqua				
8:15 AM						Body Pump	
8:30 AM		Deep Aqua		Deep Aqua	Aqua Aerobics		
9:30 AM		Aqua & Pilates	Body Pump	Spin & Aqua	Super Circuit	Aqua & FX30	
10:45 AM		Power Bar	Sculpt	Pilates	Power Bar		
12:00 PM		Abs and Stretch	Gentle Aqua		Pilates		
					Gentle Aqua		
1:00 PM		Fit and Fabulous	Pilates	Fit and Fabulous			
4:15 PM				Active Teens			
5:30 PM		Super Circuit	Pilates	Body Pump	FX30		
6:30 PM				Abs and stretch			