

GROUP FITNESS TIMETABLE

CHRISTMAS HOLIDAYS

OPENING HOURS

DATE	AQUATICS	HEALTH CLUB	CRECHE
Monday 19th December	6am - 8pm	6am - 9pm	OPEN
Tuesday 20th December	6am - 8pm	6am - 9pm	
Wednesday 21st December	6am - 8pm	6am - 9pm	
Thursday 22nd December	6am - 8pm	6am - 9pm	
Friday 23rd December	6am - 8pm	6am - 9pm	
Saturday 24th December Xmas Eve	9am - 4pm	9am - 4pm	CLOSED
Sunday 25th December Christmas Day	CLOSED	CLOSED	
Monday 26th December Boxing Day	10am - 4pm	10am - 4pm	
Tuesday 27th December Public Holiday	10am - 4pm	10am - 4pm	
Wednesday 28th December	6am - 8pm	6am - 9pm	
Thursday 29th December	6am - 8pm	6am - 9pm	
Friday 30th December	6am - 8pm	6am - 9pm	
Saturday 31st December	9am - 4pm	9am - 4pm	
Sunday 1st January New Years Day	12pm- 5pm	12pm- 5pm	
Monday 2nd January Public Holiday	10am - 4pm	10am - 4pm	OPEN
Tuesday 3rd January	6am - 8pm	6am - 9pm	

WEEK ONE

Monday 19th December - Sunday 25th December							
TIME	MON 19th	TUE 20th	WED 21st	THU 22nd	FRI 23rd	SAT 24th	SUN 25th
6:15 AM	BODYPUMP	CARDIO BOXING	SUPER CIRCUIT	FX30			
7:00 AM		ABS AND STRETCH					
8:00 AM			GENTLE AQUA				
8:30 AM	DEEP AQUA			DEEP AQUA			
9:30 AM	SUPER CIRCUIT	PILATES	BODYPUMP		SUPER CIRCUIT		
9:30 AM	AQUA			AQUA			
10:45 AM	PILATES	BODYPUMP	SCULPT				
12:30 PM	GENTLE AQUA						
1:00 PM		FIT AND FAB	PILATES				
2:00 PM							
3:00 PM							
4:00 PM							
5:30 PM	BODYPUMP	ABS AND STRETCH	BODYPUMP				
5:30 PM	CYCLE						
6:30 PM				ABS AND STRETCH			

WEEK TWO

Monday 26th December - Sunday 1st January

TIME	MON 26th	TUE 27th	WED 28th	THU 29th	FRI 30th	SAT 31st	SUN 1ST
6:15 AM			SUPER CIRCUIT				
8:00 AM			GENTLE AQUA				
8:30 AM				DEEP AQUA			
9:30 AM			BODYPUMP		SUPER CIRCUIT		
9:30 AM				AQUA			
10:45 AM			SCULPT				
12:30 PM					GENTLE AQUA		
1:00 PM			PILATES				
2:00 PM							
3:00 PM							
4:00 PM							
5:30 PM			ABS AND STRETCH	BODYPUMP			
6:30 PM				ABS AND STRETCH			

WEEK THREE

Monday 2nd January - Sunday 8th January

TIME	MON 2nd	TUE 3rd	WED 4th	THU 5th	FRI 6th	SAT 7TH	SUN 8TH
6:15 AM		CARDIO BOXING	SUPER CIRCUIT	FX30			
7:00 AM					ABS AND STRETCH		
8:00 AM			GENTLE AQUA				
8:15 AM						SUPER CIRCUIT	
8:30 AM				DEEP AQUA			
9:30 AM			BODYPUMP		SUPER CIRCUIT		
9:30 AM				AQUA		AQUA	
10:45 AM			SCULPT	ABS & STRETCH			
12:00 PM							
12:30 PM					GENTLE AQUA		
1:00 PM							
2:00 PM							
3:00 PM							
4:15 PM							
5:30 PM			ABS AND STRETCH	BODYPUMP	FX30		
5:30 PM							
6:30 PM				ABS AND STRETCH			