

GROUP FITNESS TIMETABLE

CHRISTMAS HOLIDAYS



OPENING HOURS

DATE	AQUATIC	HEALTH CLUB	CRECHE	OSHC	STADIUM
Tue 24th Dec	5:30 AM 9:00 PM	5:30 AM 9:00 PM	9:00 AM 12:00 PM	7:00 AM 6:00 PM	5:30 AM 9:00 PM
Wedn 25th Dec	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Thur 26th Dec	10:00 AM 4:00 PM	10:00 AM 4:00 PM	CLOSED	CLOSED	10:00 AM 4:00 PM
Fri 27th Dec	5:30 AM 9:00 PM	5:30 AM 9:00 PM	CLOSED	CLOSED	5:30 AM 9:00 PM
Sat 28th Dec	7:00 AM 5:00 PM	7:00 AM 5:00 PM	CLOSED	CLOSED	7:00 AM 5:00 PM
Sun 29th Dec	7:00 AM 5:00 PM	7:00 AM 5:00 PM	CLOSED	CLOSED	7:00 AM 5:00 PM
Mon 30th Dec	5:30 AM 9:00 PM	5:30 AM 9:00 PM	CLOSED	CLOSED	5:30 AM 9:00 PM
Tue 31st Dec	5:30 AM 9:00 PM	5:30 AM 9:00 PM	CLOSED	CLOSED	5:30 AM 9:00 PM
Wed 1st Jan	10:00 AM 4:00 PM	10:00 AM 4:00 PM	CLOSED	CLOSED	10:00 AM 4:00 PM
Thur 2nd Jan	5:30 AM 9:00 PM	5:30 AM 9:00 PM	9:00 AM 12:00 M	CLOSED	5:30 AM 9:00 PM

Monday 23rd Dec 2019 - Sunday 29th Dec 2019

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM	SPRINT	LES MILLS BODYPUMP FX30					
7.30 AM						FX30	
8.00 AM						AQUA AEROBICS	
8.30 AM							LES MILLS BODYCOMBAT
9.10 AM							AQUA DEEP
9.30 AM	LES MILLS BODYPUMP	FX30				LES MILLS BODYPUMP	LES MILLS BODYPUMP
10.00 AM	AQUA FOR ALL	AQUA FOR ALL					
10.30 AM	LES MILLS BODYBALANCE					LES MILLS BODYBALANCE	
11.00 AM	SILVER SNEAKERS	SILVER SNEAKERS			SILVER SNEAKERS		
5.25 PM	FX30						

Monday 30th Dec 2019 - Sunday 5th Jan 2020

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5.30 AM					LES MILLS RPM		
6.00 AM		LES MILLS BODYPUMP FX30 AQUA AEROBICS			LES MILLS CXWORX		
7.30 AM						FX30	
8.00 AM						AQUA AEROBICS	
8.30 AM						LES MILLS RPM	LES MILLS BODYCOMBAT
							CYCLE
9.30 AM	LES MILLS BODYPUMP	FX30			LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYPUMP
10.00 AM	AQUA FOR ALL			LES MILLS BODYBALANCE AQUA FOR ALL			
10.30 AM	LES MILLS BODYBALANCE					LES MILLS BODYBALANCE	
10.40 AM	LES MILLS RPM						
11.00 AM	SILVER SNEAKERS			SILVER SNEAKERS	SILVER SNEAKERS		
5.25 PM	LES MILLS BODYPUMP FX30				LES MILLS BODYCOMBAT		
5.45 PM				LES MILLS RPM			