

# GROUP FITNESS TIMETABLE

CHRISTMAS HOLIDAYS

## OPENING HOURS

DATE	AQUATIC	HEALTH CLUB	CRECHE	OSHC
Fri 24th December	5:30am - 8.00pm	5am - 8pm	Closed	Open
Sat 25th December	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>
Sun 26th December	10am - 4pm	10am - 4pm	<b>Closed</b>	<b>Closed</b>
Mon 27th December	10am - 4pm	10am - 4pm	<b>Closed</b>	<b>Closed</b>
Tues 28th December	10am - 4pm	10am - 4pm	<b>Closed</b>	<b>Closed</b>
Wed 29th December	5:30am - 9pm	5am - 9pm	<b>Closed</b>	<b>Closed</b>
Thur 30th December	5:30am - 9pm	5am - 9pm	<b>Closed</b>	<b>Closed</b>
Fri 31st December	5:30am - 8pm	5am - 8pm	<b>Closed</b>	<b>Closed</b>
Sat 1st January	10am - 4pm	10am - 4pm	<b>Closed</b>	<b>Closed</b>
Sun 2nd January	7am - 5pm	7am - 5pm	<b>Closed</b>	<b>Closed</b>
Mon 3rd January	10am - 4pm	10am - 4pm	<b>Closed</b>	<b>Closed</b>
Tues 4th January	5:30am - 9pm	5am - 9pm	9am - 12pm	Open

## Monday 20th December - Sunday 26th December

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
	Ordinary Schedule	Ordinary Schedule	Ordinary Schedule	Ordinary Schedule		No Classes	
6.00am					RPM		
9.00am							
9.30am					Attack		
10.30am					Boxing		Pump
11.00am							Aqua
11.30am							Balance

## Monday 27th December - Sunday 2nd January

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00am			RPM	Pump		No Classes	
8.30am							Combat & RPM
9.00am			Aqua	Aqua & FX30			Aqua
9.30am			Pump		Attack		Body Pump
10.30am	Pump & RPM	Pump	Boxing		Boxing		Body Balance
11.00am	Aqua	Aqua		Silver Sneakers			
11.30am		FX30					
12.00pm					Silver Sneakers & Pilates		
5.00pm			FX30	FX30			
5.30pm				Zumba & RPM			
6.00pm			Aqua				
6.30pm			Pump	Balance			

## Monday 3rd January - Sunday 9th January

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
		Ordinary Schedule	Ordinary Schedule	Ordinary Schedule	Ordinary Schedule	Ordinary Schedule	Ordinary Schedule
6.00am							
9.00am							
9.30am							
10.30am	Pump						
11.00am	Aqua						
11.30am	Balance						