

# GROUP FITNESS TIMETABLE

CHRISTMAS HOLIDAYS

## OPENING HOURS

DATE	AQUATIC	HEALTH CLUB	CRECHE
Friday 24th December	5:00am - 6:00pm	5:00am - 6:00pm	/ / /
Saturday 25th December	<b>Closed</b>	<b>Closed</b>	/ / /
Sunday 26th December	8:00am - 6:00pm	8:00am - 6:00pm	/ / /
Monday 27th December	8:00am - 6:00pm	8:00am - 6:00pm	/ / /
Tuesday 28th December	8:00am - 6:00pm	8:00am - 6:00pm	/ / /
Wednesday 29th December	5:00am - 9:00pm	5:00am - 9:00pm	/ / /
Thursday 30th December	5:00am - 9:00pm	5:00am - 9:00pm	/ / /
Friday 31st December	5:00am - 6:00pm	5:00am - 6:00pm	/ / /
Saturday 1st January	8:00am - 6:00pm	8:00am - 6:00pm	/ / /
Sunday 2nd January	8:00am - 6:00pm	8:00am - 6:00pm	/ / /
Monday 3rd January	8:00am - 6:00pm	8:00am - 6:00pm	/ / /
Tuesday 4th January	5:00am - 9:00pm	5:00am - 9:00pm	/ / /

**CLOSED**

## Monday 20th December - Sunday 26th December

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9:15am	FX30	Body Pump	Spin	Spin	Spin		
10:00am	Aqua		Aqua	Hardcore	Aqua		
10:15am		BodyBalance	Body Pump		Fat Burner		
10:30am				Fit N Fab			
10:45am					Body Balance		
11:00am	Aqua		Aqua				
16:30pm				KBMAX			
17:00pm		FX30					
17:15pm				FX30			
17:30pm		KBMAX					
17:45pm			Body Pump	Body Pump			
18:00pm	FX30	Step					
19:00pm	Zumba	Yoga		Zumba			
19:30pm	Aqua						

## Monday 27th December - Sunday 2nd January

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9:15am	FX30		Spin	Spin	Spin		
10:00am	KBMAX	Body Pump	Aqua	Hardcore	Aqua		
10:15am			Body Pump		Fat Burner		
10:30am				Fit N Fab			
10:45am					Body Balance		
11:00am	Aqua	Aqua	Aqua				
16:30pm				KBMAX			
17:15pm				FX30			
17:45pm			Body Pump	Body Pump			
19:00pm				Zumba			
19:30pm				Aqua			

# Monday 3rd January - Sunday 9th January

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:15am						FX30	
9:15am	Body Pump	Body Pump	Spin	Spin	Spin	Bodypump	
10:00am			Aqua	Hardcore	Aqua		
10:15am		Body Balance	Body Pump		Fat Burner	Dancefit	
10:30am				Fit N Fab			
10:45am					Body Balance		
11:00am	Aqua		Aqua		Aqua		
16:30pm				KBMAX			
17:00pm		FX30					
17:15pm				FX30			
17:30pm		KBMAX					
17:45pm			Body Pump	Body Pump			
18:00pm		Step					
18:30pm				Body Combat			
19:00pm		Yoga		Zumba			
19:30pm				Aqua			