

GROUP FITNESS TIMETABLE

CHRISTMAS HOLIDAYS

OPENING HOURS

DATE	HEALTH CLUB & AQUATICS
Monday 19th December	5am - 9pm
Tuesday 20th December	5am - 9pm
Wednesday 21st December	5am - 8pm
Thursday 22nd December	5am - 9pm
Friday 23rd December	5am - 9pm
Saturday 24th December Xmas Eve	8am - 4pm
Sunday 25th December Christmas Day	CLOSED
Monday 26th December Boxing Day	8am - 6pm
Tuesday 27th December Public Holiday	8am - 6pm
Wednesday 28th December	5am - 9pm
Thursday 29th December	5am - 9pm
Friday 30th December	5am - 9pm
Saturday 31st December	8am - 4pm
Sunday 1st January New Years Day	8am - 6pm
Monday 2nd January Public Holiday	8am - 6pm
Tuesday 3rd January	5am - 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	FX30	FX30		FX30			
9:00 AM	FX30		Fx30		Pursuit		
9:30 AM	Super Circuit	Super Circuit	BodyPump	Spin	Hardcore		
10:00 AM	Aqua		Aqua		Aqua		
10:00 AM					BodyBalance		
10:15 AM	Spin	Bodybalance	Pilates	Cardio Boxing			
11:00 AM	Aqua		Aqua	Aqua			
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM		Super Circuit					
5:30 PM	Pursuit						
6:00 PM	FX30	Bodypump	Bodypump	Zumba			
6:30 PM	Zumba						
6:45 PM			BodyBalance				
7:00 PM		Yoga					
7:30 PM	Aqua			Aqua			

Book your class via **BLUEFIT HEALTH CLUB APP**

or at [MELTONWAVES.COM.AU/TIMETABLE](https://www.meltonwaves.com.au/timetable)

WEEK TWO

Monday 26th December - Sunday 1st January

TIME	MON 26th	TUE 27th	WED 28th	THU 29th	FRI 30th	SAT 31st	SUN 1st
9:00 AM	FX30	FX30	FX30		Pursuit	Dancefit	
9:30 AM		Pursuit	Bodypump	Spin	Hardcore		
10:00 AM			Aqua		Aqua		
10:00 AM					BodyBalance		
10:15 AM			Pilates	Cardio Boxing			
11:00 AM			Aqua	Aqua			
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM			BodyPump	Zumba			
6:45 PM			BodyBalance				

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				FX30	FX30		
9:00 AM	FX30	FX30	FX30		Pursuit	BodyPump	
9:30 AM	Hardcore	BodyBalance	BodyPump	Spin	Hardcore		FX30
10:00 AM			Aqua		Aqua	Dancefit	Pursuit
10:00 AM					BodyBalance		
10:15 AM			Pilates	Cardio Boxing			
11:00 AM			Aqua	Aqua			
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM				Super Circuit			
6:00 PM		Bodypump	Bodypump	Zumba	Yoga		
6:45 PM			BodyBalance				
7:00 PM		Yoga					
7:30 PM				Aqua			