

FESTIVE SEASON TIMETABLE

TUESDAY

24 DECEMBER CHRISTMAS EVE

FITNESS: 5AM - 9PM
AQUATICS: 5AM - 8PM
THE CRECHE : 8.30AM - 12PM

STUDIO 1

5am **Barbell**
6am **Fitbox**
8.30am **Actives (land)**
9.30am **Blast**
4.30pm **Body Pump**
5.30pm **Fusion**

STUDIO 2

6am **Group Ride**
9.30am **Group Ride**

STUDIO 3

5am **Hot Yoga**
6am **Hot Yoga**
7am **Pilates**
8.30am **Hot Yoga**
9.30am **Pilates**
10.30am **Yoga**
4.30pm **Barre**

STUDIO 4

6am **WOD**
8.30am **Young at Heart**
9.30am **Mums and Bubs**
11.30am **Young at Heart**
5.30pm **WOD**

STUDIO 5

6am **Aqua Bootcamp**
8.15am **Actives (aqua)**
4.30pm **One Swim**

WEDNESDAY

25 DECEMBER CHRISTMAS DAY

CLOSED

THURSDAY 26 DECEMBER BOXING DAY

FITNESS: 6AM - 6PM
AQUATICS: 8AM - 5PM
THE CRECHE : CLOSED

STUDIO 1

7am **Blast**
9.30am **Blast**
10.30am **Barbell**

STUDIO 2

9.30am **One Cycle**

STUDIO 3

7am **Hot Yoga**
8.30am **Yoga**
9.30am **Yoga**
10.30am **Pilates**

STUDIO 4

7am **WOD**
8.30am **Young at Heart**
11.30am **Young at Heart**

STUDIO 5

8.15am **Actives Aqua**

TUESDAY

31 DECEMBER NEW YEARS EVE

FITNESS: 5AM - 9PM
AQUATICS: 5AM - 8PM
THE CRECHE : 8.30AM - 12PM

STUDIO 1

5am **Barbell**
6am **Fitbox**
8.30am **Actives (land)**
9.30am **Blast**
4.30pm **Body Pump**
5.30pm **Fusion**

STUDIO 2

6am **Group Ride**
9.30am **Group Ride**

STUDIO 3

5am **Hot Yoga**
6am **Hot Yoga**
7am **Pilates**
8.30am **Hot Yoga**
9.30am **Pilates**
10.30am **Yoga**
4.30pm **Barre**

STUDIO 4

6am **WOD**
8.30am **Young at Heart**
9.30am **Mums and Bubs**
11.30 **Young at Heart**
5.30pm **WOD**

STUDIO 5

6am **Aqua Bootcamp**
8.15am **Actives (aqua)**
4.30pm **One Swim**

WEDNESDAY

1 JANUARY NEW YEARS DAY

FITNESS: 6AM - 6PM
AQUATICS: 8AM - 5PM
THE CRECHE : CLOSED

STUDIO 1

7am **Fitbox**
8.30am **Actives**
9.30am **Pump**

STUDIO 2

9.30am **One Cycle**

STUDIO 3

7am **Yoga**
8.30am **Pilates**
9.30am **Yoga**
10.30 **Pilates**
11:30am **Yin Yoga**

STUDIO 4

7am **WOD**
8.30am **Young at Heart**
9.30am **Pink**
10.30am **Mums and Bubs**
11:30am **Young at Heart**

STUDIO 5

9.30am **One Swim**
1pm **Aqua Gentle**

SQUADS

TUESDAY 24 DECEMBER - MORNING SESSIONS ONLY

WEDNESDAY 25 DECEMBER - CLOSED

THURSDAY 26 DECEMBER - NO SESSIONS

TUESDAY 31 DECEMBER - MORNING SESSIONS ONLY

WEDNESDAY 1 JANUARY - NO SESSIONS

ATHLETICS TRACK

CLOSED MONDAY 23 DECEMBER -

WEDNESDAY 1 JANUARY

