

# GROUP FITNESS HOLIDAY TIMETABLE

LAST UPDATED: 18/12/2020

There will be some changes to your usual group fitness timetable from the 24 December 2020 until the 3 January 2021.

Online pre-booking your next Group Fitness Class is essential.

60 minute
50 minute
45 minute

TH 24 DEC	FRI 25 DEC	SAT 26 DEC	SUN 27 DEC	MON 28 DEC	TUE 29 DEC	WED 30 DEC	THU 31 DEC	FRI 1 JAN	SAT 2 JAN	SUN 3 JAN	
7.15am <ul style="list-style-type: none"><li>● EPIC Power - Group Fitness Studio</li></ul>	NO CLASSES - CHRISTMAS DAY					● EPIC Cardio - Group Fitness Studio	● Ultimate Body Strength - Group Fitness Studio	● Ultimate Cardio Sculpt - Group Fitness Studio	● EPIC Power - Group Fitness Studio	● Ultimate Body Burnout - Group Fitness Studio	
7.45am <ul style="list-style-type: none"><li>● Dru Yoga Gentle - Wellness Room</li></ul>							● Dru Yoga Gentle - Wellness Room				
8.00am						● AQUA (D) - Deep Pool	● AQUA (D) - Deep Pool	● AQUA (S) - Shallow Pool			
8.15am <ul style="list-style-type: none"><li>● Flex, Sculpt and Tone - Group Fitness Studio</li><li>● SPIN - Cycle Studio</li></ul>		● BodyPump - Group Fitness Studio	● BodyPump - Group Fitness Studio	● Mature Movers - Group Fitness Studio	● BTT - Group Fitness Studio	● Functional Full Body Circuit - Group Fitness Studio	● Flex, Sculpt and Tone - Group Fitness Studio	● SPIN - Cycle Studio	● BodyPump - Group Fitness Studio	● BodyPump - Group Fitness Studio	
8.45am										● SPIN - Cycle Studio	
9.15am <ul style="list-style-type: none"><li>● Ultimate Body Burnout - Group Fitness Studio</li><li>● AQUA Ultimate (S) - Shallow Pool</li><li>● SPIN - Cycle Studio</li></ul>		● BodyAttack - Group Fitness Studio	● Flex, Sculpt and Tone - Group Fitness Studio	● BTT - Group Fitness Studio	● BodyWeight Conditioning - Group Fitness Studio	● Total Body Strength - Group Fitness Studio	● Ultimate Body Burnout - Group Fitness Studio	● AQUA Ultimate (S) - Shallow Pool	● SPIN - Cycle Studio	● Flex, Sculpt and Tone - Group Fitness Studio	
			● SPIN - Cycle Studio	● AQUA (S) - Shallow Pool	● SCHWINN - Cycle Studio	● RPM - Cycle Studio		● SPIN - Cycle Studio		● SPIN - Cycle Studio	
9.45am										● SPIN - Cycle Studio	
10.15am <ul style="list-style-type: none"><li>● BodyPump - Group Fitness Studio</li><li>● AQUA Blend (D) - Deep Pool</li></ul>			● BodyBalance - Group Fitness Studio	● BodyBalance - Wellness Studio	● Total UpperBody Burn - Group Fitness Studio	● BodyPump - Group Fitness Studio	● Lower Body Blast - Group Fitness Studio	● BodyPump - Group Fitness Studio	● AQUA Blend - Shallow Pool	● BodyBalance - Group Fitness Studio	
1.00pm		● AQUA (S) - Shallow Pool								● AQUA Zumba (S) - Shallow Pool	● AQUA (S) - Shallow Pool
2.00pm		● AQUA (S) - Shallow Pool							● AQUA (S) - Shallow Pool		
4.45pm					● BodyAttack - Group Fitness Studio	● EPIC Power - Group Fitness Studio	● BodyPump - Group Fitness Studio				
5.45pm			● BodyBalance - Wellness Studio	● Ultimate Cardio Sculpt - Group Fitness Studio	● Zumba - Group Fitness Studio	● Zumba - Group Fitness Studio					
6.00pm						● Butts, Thighs & Tummies - Wellness Studio					