

# GROUP FITNESS TIMETABLE

CHRISTMAS HOLIDAYS

## OPENING HOURS

| DATE                    | HEALTH CLUB      | CRECHE         | STADIUM          |
|-------------------------|------------------|----------------|------------------|
| Friday 24th December    | 5.30am - 4:00pm  | <b>Closed</b>  | 5.30am - 4:00pm  |
| Saturday 25th December  | <b>Closed</b>    | <b>Closed</b>  | <b>Closed</b>    |
| Sunday 26th December    | 10.00am - 4.00pm | <b>Closed</b>  | 10.00am - 4.00pm |
| Monday 27th December    | 10.00am - 4.00pm | <b>Closed</b>  | 10.00am - 4.00pm |
| Tuesday 28th December   | 10.00am - 4.00pm | <b>Closed</b>  | 10.00am - 4.00pm |
| Wednesday 29th December | 5.30am - 9:00pm  | <b>Closed</b>  | 5.30am - 9:00pm  |
| Thursday 30th December  | 5.30am - 9:00pm  | <b>Closed</b>  | 5.30am - 9:00pm  |
| Friday 31st December    | 5.30am - 4:00pm  | <b>Closed</b>  | 5.30am - 4:00pm  |
| Saturday 1st January    | 10.00am - 4:00pm | <b>Closed</b>  | 10.00am - 4:00pm |
| Sunday 2nd January      | 8.00am - 6:00pm  | <b>Closed</b>  | 8.00am - 6:00pm  |
| Monday 3rd January      | 10.00am - 4:00pm | <b>Closed</b>  | 10.00am - 4:00pm |
| Tuesday 4th January     | 5.30am - 9:00pm  | 8.30 - 11.30am | 5.30am - 9:00pm  |

## Monday 20th December - Sunday 26th December

| TIME     | MON | TUE | WED | THU | FRI       | SAT        | SUN        |
|----------|-----|-----|-----|-----|-----------|------------|------------|
| 9:15 AM  |     |     |     |     | Body Pump | No classes | No classes |
| 10:15 AM |     |     |     |     | Pilates   |            |            |
| 11:30 AM |     |     |     |     | DanceFit  |            |            |

## Monday 27th December - Sunday 2nd January

| TIME     | MON | TUE | WED          | THU           | FRI      | SAT | SUN |
|----------|-----|-----|--------------|---------------|----------|-----|-----|
| 8:00 AM  |     |     |              |               | Yoga     |     |     |
| 8:15 AM  |     |     | FitnFab      |               |          |     |     |
| 8:30 AM  |     |     | Tabata       |               |          |     |     |
| 9:15 AM  |     |     | Spin         | Pilates       |          |     |     |
| 9:15 AM  |     |     | Body Balance |               |          |     |     |
| 10:15 AM |     |     | DanceFit     | Abs & Stretch | Pilates  |     |     |
| 11:30 AM |     |     |              |               | DanceFit |     |     |
| 5:30 PM  |     |     | Spin         |               |          |     |     |
| 6:30 PM  |     |     | Step & Burn  | Yoga          |          |     |     |

## Monday 3rd January - Sunday 9th January

| TIME     | MON | TUE           | WED          | THU           | FRI       | SAT          | SUN |
|----------|-----|---------------|--------------|---------------|-----------|--------------|-----|
| 6:00 AM  |     | Body Pump     |              | Spin          |           |              |     |
| 8:00 AM  |     |               |              |               | Yoga      |              |     |
| 8:15 AM  |     | FitnFab       | FitnFab      |               |           |              |     |
| 8:30 AM  |     |               | Tabata       |               |           |              |     |
| 9:15 AM  |     | DanceFit      | Spin         |               | Body Pump | Body Pump    |     |
| 9:15 AM  |     | Yoga (Gentle) | Body Balance |               |           |              |     |
| 10:15 AM |     | Pilates       | DanceFit     | Abs & Stretch | Pilates   | Body Balance |     |
| 11:00 AM |     | SFL           |              | SFL           | SFL       |              |     |
| 11:30 AM |     |               |              |               | DanceFit  |              |     |
| 1:00 PM  |     |               | SFL          |               |           |              |     |
| 4:45PM   |     |               | Pump         |               |           |              |     |
| 5:30 PM  |     |               | Spin         |               |           |              |     |
| 6:30 PM  |     |               | Step & Burn  |               |           |              |     |