




GROUP FITNESS HOLIDAY TIMETABLE 2017/2018

STADIUM- BLACK

UPSTAIRS-RED

CYCLE ROOM - GREEN

POOL-BLUE

TIME	MONDAY 18 th Dec	TUESDAY 19 th Dec	WEDNESDAY 20 th Dec	THURSDAY 21 st Dec	FRIDAY 22 nd Dec	SATURDAY 23 rd Dec	SUNDAY 24 th Dec
6am	RPM	BODY PUMP	CYCLE	BODY PUMP	RPM		
7:30am						AQUA	
8:30am	AQUA		AQUA		AQUA	RPM	AQUA
	WWA		WWA		WWA	BODY PUMP	
9:15am	WWA	RPM	WWA	ZUMBA	WWA		
	CYCLE	BODY ATTACK EXPRESS	BODY PUMP	RPM	BODY PUMP		
	STEP 60		TONING CIRCUIT		TONING CIRCUIT		
			RPM				
9:30am		AQUA		AQUA		RPM	CYCLE
						Warrior Workout	BODY COMBAT
9:50am		CX WORX					
10:30am	LLS	LLS	YOGA	LLS	BODY BALANCE		BODY PUMP
	BODY PUMP	BODY BALANCE	Warrior Workout	PILATES	Warrior Workout		
		Kettlebell (coaching zone)			CYCLE		
11:00am						BODY ATTACK	
						BODY BALANCE	
11:30am	ZUMBA		MIOLI				
11:45am							
12:00pm			BODY PUMP		Healthy Hearts		
4:00pm						BODY PUMP	
5:30pm	Cardio Circuit	RPM	Warrior Workout	Cardio Circuit	BODY PUMP		
		BODY PUMP		SPRINT			
5:45pm	XMAS CYCLE 40 mins						
6:30pm	XMAS PUMP 	BODY ATTACK	SPRINT	BODY PUMP			
		YOGA	BODY ATTACK EXPRESS				
7:00pm			AQUA				
			BODY PUMP 45 MINS				
7:30pm	XMAS STEP 	SH'BAM		BODY BALANCE			
		Warrior Workout					
7:35pm	YOGA						
7:45pm			CX WORX				
8:15pm	BODY BALANCE						

CHRISTMAS CLASS EXTRAVAGANZA- MONDAY 18th DECEMBER

5:45pm- Christmas Cycle (40 mins)

6:30pm- Christmas Pump (60 mins)

7:30pm Christmas Step (40 mins)



GROUP FITNESS HOLIDAY TIMETABLE 2017/2018

STADIUM- BLACK
UPSTAIRS-RED
CYCLE ROOM - GREEN
POOL-BLUE

TIME	MONDAY 25th Dec Centre Closed	TUESDAY 26th Dec	WEDNESDAY 27th Dec	THURSDAY 28th Dec	FRIDAY 29th Dec	SATURDAY 30th Dec	SUNDAY 31st Dec
6am				BODY PUMP	CYCLE		
8:30am					WWA	BODY PUMP	★ CYCLE SPECIAL EDITION - NEW YEARS EVE PARTY
					AQUA	RPM	
9:15am			★ CYCLE SPECIAL EDITION- 80's RIDE AQUA	ZUMBA	WWA		
				★ CYCLE SPECIAL EDITION-SUMMER HEAT	BODY PUMP		
					TONING CIRCUIT		
9:30am		BODY PUMP		AQUA		RPM	BODY COMBAT
						BODY ATTACK	CYCLE
10:30am		RPM	BODY PUMP	LLS		CX WORX	BODY PUMP
		BODY BALANCE	YOGA	PILATES	Warrior Workout		
					BODY BALANCE		
11:00am						BODY BALANCE	
11:30am							BODY BALANCE
5:30pm			Warrior Workout	Cardio Circuit	BODY PUMP		
6:30pm			BODY ATTACK EXPRESS	BODY PUMP			
			★ CYCLE SPECIAL EDITION- 80's RIDE	RPM			
7:00pm			BODY PUMP 45 MINS				
7:30pm				BODY BALANCE			

CENTRE CHRISTMAS HOURS



Christmas Eve Sunday 24 December	8:00am – 5:00pm
Christmas Day Monday 25 December	Closed
Boxing Day Tuesday 26 December	8:00am – 6:00pm
Wednesday 27 December	8:00am – 8:00pm
Thursday 28 December	5:00am – 10:00pm
Friday 29 December	5:00am – 10:00pm
Saturday 30 December	8:00am – 5:00pm
Sunday 31 December	8:00am – 5:00pm
Monday 1 January	11:00am – 6:00pm

GROUP FITNESS HOLIDAY TIMETABLE 2017/2018

STADIUM- BLACK

UPSTAIRS-RED

CYCLE ROOM - GREEN

POOL-BLUE

TIME	MONDAY 1st Jan	TUESDAY 2nd Jan	WEDNESDAY 3rd Jan	THURSDAY 4th Jan	FRIDAY 5th Jan	SATURDAY 6th Jan	SUNDAY 7th Jan
6am		BODY PUMP	★ CYCLE SPECIAL EDITION - SUMMER HEAT	BODY PUMP	RPM		
7:30am						AQUA	
8am						CX WORX	
8:15am							RPM EXTENDED
8:30am			AQUA		WWA	RPM	
			WWA			BODY PUMP	
9:15am		BODY ATTACK EXPRESS	BODY PUMP	ZUMBA	WWA		
		RPM	TONING CIRCUIT	★ CYCLE SPECIAL EDITION- ROCK N RIDE	BODY PUMP		
			WWA		TONING CIRCUIT		
9:30am		AQUA		AQUA		RPM	BODY COMBAT
						Warrior Workout	TBT's
9:50am		CX WORX					
10:00am						TONING CIRCUIT	
10:30am		LLS	Warrior Workout	LLS	Warrior Workout		BODY PUMP
		Kettlebell (coaching zone)	YOGA	PILATES	RPM		
		BODY BALANCE					
11:00am						BODY BALANCE	
						BODY ATTACK	
11:30am	BODY PUMP			YOGA			BODY BALANCE
	CYCLE						
4:00pm						BODY PUMP	
4:30pm							RPM
5:30pm		BODY PUMP	CYCLE	Cardio Circuit	BODY PUMP		
		RPM	Warrior Workout				
6:30pm		BODY ATTACK	BODY ATTACK EXPRESS	BODY PUMP			
		YOGA	SPRINT	RPM			
7:00pm			BODY PUMP 45 MINS				
7:30pm			PILATES	BODY BALANCE			
7:45pm			CX WORX				

CYCLE SPECIAL EDITION CLASSES!

80's RIDE Wednesday 27th Dec- 9:15am AND 6:30pm

SUMMER HEAT Thursday 28th Dec 9:15am AND Wednesday 3rd Jan 6:00am

NEW YEARS EVE PARTY CYCLE Sunday 31st Dec 8:30am

ROCK 'N' RIDE Thursday 4th Jan 9:15am



GROUP FITNESS HOLIDAY TIMETABLE 2017/2018

STADIUM- BLACK
UPSTAIRS-RED
CYCLE ROOM - GREEN
POOL-BLUE

TIME	MONDAY 8 th Jan	TUESDAY 9 th Jan	WEDNESDAY 10 th Jan	THURSDAY 11 th Jan	FRIDAY 12 th Jan	SATURDAY 13 th Jan	SUNDAY 14 th Jan
6am	RPM	BODY PUMP	CYCLE	BODY PUMP	RPM		
7:30am						AQUA	
8am						CX WORX	
8:15am					WWA		RPM Extended
8:30am			WWA		AQUA	RPM	AQUA
			AQUA			BODY PUMP	
9:15am	CYCLE	BODY ATTACK EXPRESS	WWA	RPM	WWA		
	STEP 60	RPM	BODY PUMP	ZUMBA	BODY PUMP		
			RPM		TONING CIRCUIT		
			TONING CIRCUIT				
9:30am		AQUA		AQUA		RPM	BODY COMBAT
						Warrior Workout	TBT's
9:50am		CX WORX					
10:00am						TONING CIRCUIT	
10:30am	BODY PUMP	LLLS	Warrior Workout	LLLS	Warrior Workout		BODY PUMP
		Kettlebell (coaching zone)	YOGA	PILATES	BODY BALANCE		
		BODY BALANCE					
11:00am						BODY BALANCE	
						BODY ATTACK	
11:30am	ZUMBA		MIOLI	YOGA			BODY BALANCE
12:00pm			BODY PUMP				
4:00pm						BODY PUMP	RPM
4:30pm							BODY PUMP
5:30pm	Cardio Circuit	RPM	Warrior Workout	Cardio Circuit	BODY PUMP		PILATES
		BODY PUMP					
5:45pm	RPM EXPRESS 30 mins						
6:15pm				RPM			
6:30pm	BODY PUMP	BODY ATTACK	SPRINT				
	RPM	YOGA	BODY ATTACK EXPRESS	BODY PUMP			
7:00pm			BODY PUMP 45 mins	AQUA			
7:30pm	STEP 45	Warrior Workout		BODY BALANCE			
7:35pm	YOGA		PILATES				
7:45pm			CX WORX				
8:15pm	BODY BALANCE						