


CHRISTMAS GROUP FITNESS TIMETABLE

STUDIO 1 Monday 23rd - Sunday 29th December 2019

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am							
6.30am							
7.15am							
8.00am			Christmas Day - Gym Closed				
8.15am							
8.30am							
9.00am	9.15am HATHA YOGA					LES MILLS BODYSTEP	
9.30am							
10.00am						LES MILLS BODYPUMP	
10.30am	 ZUMBA					11.00am HATHA YOGA	
12.30pm						MEDITATION 12.15pm	
3.00pm							VINYASA YOGA
4.00pm							STRENGTH & STRETCH
5.00pm	PULSES						
5.30pm							
5.45pm							
6.00pm	CARDIO & CONDITIONING						
6.30pm							
7.00pm	PILATES						

Classes are 60 minutes excluding Body Attack Express (30 minutes) and CXWORX (30 minutes) |  45 minute classes

STUDIO 2

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.30am	CYCLE						
7.00am							8.00am CYCLE
8.00am							
9.30am							9.15am BARRE FUSION
10.30am							10.00am YIN YOGA
11.30am							
12.30pm							
4.00pm							
5.00pm							
5.30pm							
6.30pm	CYCLE						

All cycle classes are 45min

OUTDOOR (CAR PARK, WARRIOR AREA)

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am							
8.30am							
9.30am							
6.30pm							

AQUA (INDOOR POOL)

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
7.00am							
7.15am							
7.45am							
8.15am							
8.45am	8.30am AQUA	AQUA					
9.30am	AQUA	AQUA				AQUA	
10.30am						AQUA	
5.30pm	AQUA						