

# CHRISTMAS GROUP FITNESS TIMETABLE

**STUDIO 1** Monday 30th December - Sunday 5th January 2019

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am							
6.30am							
7.15am							
8.00am	PILATES			HATHA YOGA <sup>75</sup>		HATHA YOGA	
8.15am							
8.30am					PILATES		
9.00am	9.15am HATHA YOGA					<b>LES MILLS BODYSTEP</b>	
9.30am					GROUP ACTIVE		
10.00am						<b>LES MILLS BODYPUMP</b>	
10.30am	 ZUMBA	PILATES		PILATES MAT/PROPS	 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							
6.30pm							
7.00pm							

New Years Day - Gym Closed

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							
7.00am							8.00am CYCLE
8.00am							
9.30am					BARRE FUSION	9.15am CYCLE	9.15am BARRE FUSION
10.30am							10.00am YIN YOGA
11.30am							
12.30pm							
4.00pm						DYNAMIC STRETCH	
5.00pm							
5.30pm							
6.30pm							

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		8.30am AQUA			
9.30am	AQUA	AQUA		AQUA	AQUA	AQUA	
10.30am					AQUA	AQUA	
5.30pm							