

GROUP FITNESS TIMETABLE

CHRISTMAS HOLIDAYS

OPENING HOURS

DATE	AQUATIC	HEALTH CLUB
Thursday 23rd December	6:00am - 7:00pm	OPEN 24/7
Friday 24th December	6:00am - 3:00pm	
Saturday 25th December	Closed	
Sunday 26th December	11:00am - 5:00pm	
Monday 27th December	11:00am - 5:00pm	
Tuesday 28th December	11:00am - 5:00pm	
Wednesday 29th December	6:00am - 9:00pm	
Thursday 30th December	6:00am - 9:00pm	
Friday 31st December	6:00am - 3:00pm	
Saturday 1st January	11:00am - 5:00pm	
Sunday 2nd January	8:00am - 6:00pm	
Monday 3rd January	8:00am - 4:00pm	
Tuesday 4th January	6:00am - 9:00pm	

Monday 20th December - 26th December

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM	Body Pump	Tabata & Spin		Body Pump & FX30	Spin		
7:00 AM		RPM & FX30					
8:00 AM	Fit & Fab Strength	Fit & Fab Stretch	Fit & Fab Spin	Fit & Fab Stretch	Fit & Fab equilibrium		
9:00 AM			Aqua		Aqua		
9:30 AM	RPM	Body Pump	Body Pump	Body Pump			
10:30 AM		Hardcore					
10:40 AM	Body Balance		Body Balance	Spin	Body Balance		
5:25 PM	FX30						
5:45 PM		Body Attack					
6:00 PM	Body Step		Body Pump	Body Balance			
7:00 PM	Aqua & Body Pump		Tabata				
7:30 PM			Aqua				
8:00 PM	Body Balance		Body Balance				

Monday 27th December - Sunday 2nd January

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM		Spin		Body Pump	Spin & FX30		
6:30 AM			FX30				
7:00 AM			KB MAX				
8:00 AM			Fit & Fab	Fit & Fab Stretch	Fit & Fab equilibrium		
8:15 AM							Body Attack
9:00 AM			Aqua		Aqua		Tabata Strength
9:30 AM			Body Pump	Body Pump			
9:45 AM							RPM
10:00 AM							Aqua
10:40 AM			Body Balance	Spin	Body Balance		
11:00 AM							Body Balance
11:15 AM		Body Pump				Body Attack	
6:00 PM			Body Pump	Body Balance			
7:00 PM			Tabata	Body Attack			
7:30 PM			Aqua				
8:00 PM			Body Balance				

Monday 3rd January - Sunday 9th January

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM		Tabata	Spin	Body Pump	Spin & FX30		
6:30 AM			FX30				
7:00 AM		RPM	KB MAX				
		FX30					
8:00 AM		Fit & Fabulous Stretch	Fit & Fabulous Spin	Fit & Fabulous Stretch	Fit & Fabulous equilibrium		
8:15 AM						RPM & FX30	Body Attack
9:00 AM			Aqua		Aqua & Pilates	Body Step	Tabata Strength
9:30 AM		Body Pump	Body Pump	Body Pump			
9:45 AM					Sculpt		RPM
10:00 AM						Body Pump	Aqua
10:30 AM		Hardcore					
10:40 AM			Body Balance	Spin	Body Balance		
11:00 AM						Body Balance	Body Balance
11:15 AM	Body Pump						
5:45 PM		Body Attack					
6:00 PM			Body Pump	Body Balance			
7:00 PM		Pilates	Tabata	Body Attack			
7:30 PM			Aqua				
8:00 PM			Body Balance				