

GROUP FITNESS TIMETABLE

CHRISTMAS HOLIDAYS

OPENING HOURS

DATE	AQUATICS	HEALTH CLUB
Monday 19th December	6am - 9pm	OPEN 24/7
Tuesday 20th December	6am - 9pm	
Wednesday 21st December	6am - 7pm	
Thursday 22nd December	6am - 9pm	
Friday 23rd December	6am - 8pm	
Saturday 24th December Xmas Eve	8am - 3pm	
Sunday 25th December Christmas Day	CLOSED	
Monday 26th December Boxing Day	10am - 4pm	
Tuesday 27th December Public Holiday	10am - 4pm	
Wednesday 28th December	6am - 9pm	
Thursday 29th December	6am - 9pm	
Friday 30th December	6am - 8pm	
Saturday 31st December	8am - 3pm	
Sunday 1st January New Years Day	10am - 4pm	
Monday 2nd January Public Holiday	10am - 4pm	
Tuesday 3rd January	6am - 9pm	

WEEK ONE

Monday 19th December - Sunday 25th December							
TIME	MON 19th	TUE 20th	WED 21st	THU 22nd	FRI 23rd	SAT 24th	SUN 25th
6:15 AM	Body Pump	Abs, Butt and Thighs	Body Pump	Body Pump	Spin		
6:15 AM			Virtual Cycle				
7:00 AM		RPM		RPM			
8:00 AM	Fit and Fabulous		Fit and Fabulous		Fit and Fabulous		
9:15 AM					Aqua		
9:30 AM	RPM	Body Pump		Body Pump	FX30		
9:30 AM	FX30		Virtual Cycle				
10:00 AM						Virtual Spin	
10:30 AM	Body Balance	FX30	Hardcore	Body Balance	Body Balance		
10:30 AM	Aqua						
12:15 PM			Aqua				
4:00 PM	Virtual Spin	Virtual Spin					
5:00 PM					Virtual Spin		
5:15 PM	FX30	FX30	FX30	FX30			
5:30 PM					Step		
6:00 PM	Step	Body Attack	Body Pump				
6:30 PM				Cardio Boxing (Outdoor)			
6:45 PM			Virtual Spin				
7:00 PM	Body Pump		Body Balance	Body Balance			
7:00 PM	Aqua						
7:15 PM				Virtual Spin			

WEEK TWO

Monday 26th December – Sunday 1st January

TIME	MON 26th	TUE 27th	WED 28th	THU 29th	FRI 30th	SAT 31st	SUN 1st
6:15 AM			Body Pump	Body Pump	Spin		
6:15 AM			Virtual Cycle				
7:00 AM				Virtual Cycle			
8:00 AM			Fit and Fabulous	Fit and Fabulous			
8:15 AM						FX30	
9:30 AM				Body Pump	FX30		
9:30 AM			Virtual Cycle				
10:00 AM						Virtual Cycle	Virtual Cycle
10:30 AM			Hardcore	Body Balance	Body Balance		
11:00 AM						Body Balance	
11:15 AM	Virtual Cycle	Virtual Cycle					
12:15 PM			Aqua				
4:00 PM				Virtual Cycle			
5:00 PM					Spin		
5:15 PM			FX30	FX30			
5:30 PM					Step		
6:00 PM			Body Pump				
6:30 PM				Cardio Boxing (Outdoor)			
6:45 PM			Spin				
7:00 PM				Body Balance			
7:15 PM							
7:30 PM			Aqua				

WEEK THREE

Monday 2nd January – Sunday 8th January

TIME	MON 2nd	TUE 3rd	WED 4th	THU 5th	FRI 6th	SAT 7th	SUN 8th
6:15 AM		Abs, Butt and Thighs	Body Pump	Body Pump	Virtual Cycle		
6:15 AM			Virtual Cycle				
7:00 AM		RPM – Zona		RPM			
8:00 AM			Fit and Fabulous		Fit and Fabulous		
8:15 AM						RPM	Body Attack
8:15 AM						FX30	
9:15 AM					Aqua		Body Pump
9:30 AM		Body Pump	Cardio Boxing	Body Pump	FX30		
9:30 AM			Virtual Cycle				
10:00 AM						Pump	Aqua
10:00 AM							Virtual Cycle
10:15 AM							Body Balance
10:30 AM		FX30	Hardcore	Body Balance	Body Balance		
11:00 AM						Body Balance	
11:15 AM	Virtual Cycle						
12:00 PM							
12:15 PM			Aqua				
4:00 PM		Virtual Cycle				Virtual Cycle	Virtual Cycle
5:00 PM					Spin		
5:15 PM		FX30	FX30	FX30			
5:30 PM					Step		
6:00 PM		Body Attack	Body Pump				
6:30 PM				Cardio Boxing (Outdoor)			
6:45 PM			Spin				
7:00 PM		Body Pump	Body Balance	Body Balance			
7:00 PM							
7:15 PM				Spin			
7:30 PM			Aqua				
8:00 PM							