

Holiday Group Fitness Timetable

24th December 2018 – 6th January 2019

Following on from feedback last year our Group Fitness program will be condensed for 2 weeks only over the holiday period as opposed to the 4 weeks last year.

The condensed program will run from **Monday 24th December 2018 until Sunday 6th January 2019.**

Outside of these dates please consult the standard Group Fitness timetable.

There will be no Masters Squad from the 21st December 2018 until the 21st January 2019.

Week 1 - Monday 24th December 2018 – Sunday 30th December 2018

Monday 24th December	Tuesday 25th December	Wednesday 26th December	Thursday 27th December	Friday 28th December	Saturday 29th December	Sunday 30th December
9:30 am Aqua	Christmas Day - Centre Closed	Boxing Day - Centre Open - Public Holiday Hours.	8:30 am Swissball	8:30 am Pilates	8:00 am Aqua	9:30 am Zumba
10:30 am Pilates			9:30 am Deep Water	9:30 am Aqua	8:00 am Pilates	10:30 am Pilates
11:30 am Gentle Circuit			10:30 am Stretch	11:30 am Gentle Circuit	9:30 am Boxercise	
6:30 pm Aqua			6:30 pm Aqua	5:30 pm Yoga	9:30 am Yoga	
6:30 pm Yoga			6:30 pm Pilates			

Week 2 - Monday 31st December 2018 – Sunday 6th Jan 2019

Monday 31st December	Tuesday 1st January	Wednesday 2nd January	Thursday 3rd January	Friday 4th January	Saturday 5th January	Sunday 6th January
9:30 am Aqua	New Years Day - Centre Open - Public Holiday Hours.	9:30 am Aqua	8:30 am Swissball	8:30 am Pilates	8:00 am Aqua	9:30 am Zumba
10:30 am Pilates		11:00 am Gentle Circuit	9:30 am Deep Water	9:30 am Aqua	8:00 am Pilates	10:30 am Pilates
11:30 am Gentle Circuit		5:30 pm Pilates	10:30 am Stretch	11:30 am Gentle Circuit	9:30 am Boxercise	
6:30 pm Aqua		6:30 pm Aqua	6:30 pm Aqua	5:30 pm Yoga	9:30 am Yoga	
6:30 pm Yoga		6:30 pm Yoga	6:30 pm Pilates			