

Group Exercise Timetable



23rd December –
29th Dec 2024

	Monday 23rd	Tuesday 24th	Wed 25th	Thursday 26th	Friday 27th	Saturday 28th	Sunday 29th	
Group Exercise	6:15am	C30 Aerobic	C30 Functional	CLOSED	CLOSED			
	8:30am		Zumba	CHRISTMAS DAY	BOXING DAY	Zumba	BODYBALANCE	
	9:15am	Aqua Shallow	Aqua Shallow			Aqua Shallow	Aqua Shallow	Aqua Deep
	9:30am	Cardio Blast	Pilates			BODYBALANCE	LM Dance	
	10:30am	Pilates	Stretch + Align				Chair Fitness	Stretch + Align
	10:30am	Aqua Program						
	11:30am	B Active Longer						
	5:30pm	BODYSTEP						
	6:30pm	BODYBALANCE						
	7:00pm	Aqua Shallow						



Group Exercise Timetable



30th December –
5th Jan 2025

	Monday 30th	Tuesday 31st	Wed 1st	Thursday 2nd	Friday 3rd	Saturday 4th	Sunday 5th	
Group Exercise	6:15am		C30 Functional	NEW YEARS DAY	C30 Strength	Run Club 7am		
	8:30am	C30 Aerobic	Zumba		Chair Fitness 8:15am	Zumba	BODYBALANCE	
	9:15am	Aqua Shallow	Aqua Shallow	Aqua Shallow	Aqua Deep	Aqua Shallow	Aqua Deep	
	9:30am	Zumba	Pilates	LM Dance	PowerBar 9:15am	Pilates	LM Dance	C30 Functional
	10:30am	Pilates	Stretch + Align	BODYBALANCE	Aqua Program		Chair Fitness	Stretch + Align
	10:30am	Aqua Program			B Active Longer			
	11:30am	B Active Longer						
	4:30pm	BOXFIT						
	6:30pm							
	7:00pm							

