GROUP FITNESS CHRISTMAS TIMETABLE



18th December 2023 to 28 January 2024

18" December		_	THURSDAY	EDIDAY	CATURDAY	CHNDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18-Dec-22	19-Dec-22	20-Dec-22	21-Dec-22	22-Dec-22	23-Dec-22	24-Dec-22
Morning Classes 6.10am - 7.00am	6.10a m - 7.00a m	6.10am - 7.00am	6 10am 7 00am	6.10a m – 7.00a m		
	6.10am - 7.00am FitHIIT		6.10am - 7.00am FitCIRCUIT	Soft Flow Yoga		
RPM	rithiii	RPM	FILCIRCOTT			
				(Studio 2)		
	7.15a m-7.45a m		7.15a m-7.45a m	6.10a m — 7.00a m	8.30am - 9.00am	8.30a m - 9.00a m
	VIRTUAL		VIRTUAL	RPM	VIRTUAL	VIRTUAL
0.45	CORE	0.45 40.45	CORE	0.45	CORE	CORE
9.15am -10.15am	9.15am -10.15am Strength Stretch	9.15am -10.15am	9.15am -10.15am Strength Stretch	9.15am -10.15am	9.15a m -10.15a m	9.15am -10.15am
Body Pump	Balance	Body Pump	Balance	Body Pump	VIRTUAL	VIRTUAL
					BODY ATTACK	RPM
	12 15nm - 3 00nm	VIRTUAL ON DEMAND *	**BOOKINGS ESSENTIAL		10.30a m -11.30a m	10.30am -11.30am
		ne 5142 3700 to make a			VIRTUAL	VIRTUAL
					BODY BALANCE	BODY COMBAT
Evening Classes						1
4.00pm-5.00pm	4.00pm-5.00pm	4.30pm-5.00pm	4.00pm-5.00pm	4.00pm-5.00pm	1.00pm - 2.00pm	1.00pm - 2.00pm
VIRTUAL BODY COMBAT	VIRTUAL RPM	VIRTUAL CORE	VIRTUAL BODY ATTACK	VIRTUAL BODY BALANCE	VIRTUAL BODY PUMP	VIRTUAL Sh'BAM
5.30pm - 6.30pm	5.30pm - 6.30pm	5.15pm-5.45pm	5.30pm - 6.30pm	5.30pm - 6.30pm	2.30pm - 3.00pm	2.30pm - 3.00pm
Body Pump	BoxFIT	Core	RPM	BoxFIT	VIRTUAL	VIRTUAL
					CORE	CORE
5.30pm - 6.30pm		6.00pm-7.00pm	5.30pm - 6.30pm		3.30pm - 4.30pm	3.30pm - 4.30pm
Vinyasa Yoga		Body Pump	Vinyasa Yoga		VIRTUAL	VIRTUAL
(Studio 2)		7.30pm - 8.30pm	(Studio 2)		Sh'BAM	BODY BALANCE
6.45pm - 8.00pm VII **BOOKING		VIRTUAL ON DEMAND		VIRTUAL ON DEMAND IGS ESSENTIAL		
Phone 5142 3700		**BOOKINGS		00 to make booking		
Aquatic Classes		ESSENTIAL				
Aquatic classes		7.00a m – 7.50a m		7.00a m – 7.50a m		
		Deep Water		Deep Water		
		Running		Running		
	9.10am –10.00am	Kuming		9.10am –10.00am		
	Aqua Circuit			Aqua Easy		
	Aqua circuit			Aqua Easy		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25-Dec-22	26-Dec-22	27-Dec-22	28-Dec-22	29-Dec-22	30-Dec-22	31-Dec-23
Morning Classes						
		6.10a m-7.10a m	6.10a m-7.10a m	6.10a m-7.10a m	8.30am - 9.00am	8.30a m - 9.00a m
		VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
	Public Holiday	RPM	BODY ATTACK	RPM	CORE	CORE
	Operating Hours 8am- 6pm	9.15a m-10.15a m	9.15am – 10.15am	9.15a m-10.15a m	9.15am -10.15am	9.15am -10.15am
CHRISTMAS DAY		Body Pump	Strength Stretch Balance	Body Pump	VIRTUAL	VIRTUAL
Facility Closed			Barance		BODY ATTACK	RPM
	9.15AM-10.15AM				10.30a m -11.30a m	10.30am -11.30am
	VIRTUAL	12.15pm - 3.00pm VIRTUAL ON DEMAND **BOOKINGS ESSENTIAL Phone 5142 3700 to make a booking			VIRTUAL	VIRTUAL
	BODY BALANCE	Pnone	5142 3700 to make a	DOOKING	BODY BALANCE	BODY COMBAT
Evening Classes						
	3.30pm-4.30pm	4.30pm-5.00pm	4.00pm-5.00pm	4.00pm-5.00pm	1.00pm - 2.00pm	1.00pm - 2.00pm
	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
	RPM	CORE	BODY ATTACK	BODY BALANCE	BODY PUMP	Sh'BAM
		5.30PM-6.30PM	5.30PM-6.30PM	5.30PM-6.30PM	2.30pm - 3.00pm	2.30pm - 3.00pm
		VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
		BODY PUMP 6.45pm - 8.00pm	RPM 6.45PM-7.45PM	BODY COMBAT 6.45pm - 8.00pm	CORE 3.30pm - 4.30pm	CORE 3.30pm - 4.30pm
		VIRTUAL ON DEMAND	VIRTUAL	VIRTUAL ON DEMAND	VIRTUAL	VIRTUAL
		**BOOKINGS	BODY BALANCE	**BOOKINGS ESSENTIAL	SH'BAM	BODY BALANCE
		ESSENTIAL				
Aquatic Classes						
		7.00a m — 7.50a m		7.00a m — 7.50a m		
	The second secon			Deep Water		
		Deep Water		· ·		
		Deep Water Running		Running		
		·		· ·		

Please ensure you arrive to class 5-10mins prior to start time as late arrivals may be refused entry.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1-Jan-24	2-Jan-24	3-Jan-24	4-Jan-24	5-Jan-24	6-Jan-24	7-Jan-24
Morning Classes	Z-Jan-24	3-Jan-24	4-Jan-24	J-Jan-24	0-Jan-2-4	7-Jan-24
Wiorining Classes	6.10a m - 7.00a m	6.10am – 7.00am	6.10a m – 7.00a m	6.10am – 7.00am	8.30a m - 9.00a m	8.30a m - 9.00a m
	FitHIIT	RPM	FitCIRCUIT	Soft Flow Yoga	VIRTUAL	VIRTUAL
Public Holiday Operating				(Studio 2)	CORE	CORE
Hours 8am-6pm	7.15a m - 7.45a m		7.15a m - 7.45a m	6.10a m – 7.00a m	9.15am -10.00am	
	VIRTUAL		VIRTUAL	RPM	VIRTUAL	
	CORE		CORE	Virtual	BODY ATTACK	
9.15AM-10.15AM	9.15a m -10.15a m	9.15am – 10.15am	9.15a m -10.15a m	9.15a m-10.15a m	10.15a m-11.15a m	9.15a m-10.15a m
VIRTUAL	Strength Stretch Balance	BODYPUMP	Strength Stretch Balance	BODYPUMP	YIN YOGA	SPIN
BODY PUMP	Baranee		Barance		(Studio 2)	
						10.30am -11.30am
	12.15p	m - 3.00pm VIRTUAL ON Phone 5142 370	N DEMAND **BOOKING 00 to make a booking	3S ESSENTIAL		VIRTUAL
						BODY COMBAT
Evening Classes	_	1			•	
3.30pm-4.30pm	4.00pm-5.00pm	4.30pm-5.00pm	4.00pm-5.00pm	4.00pm-5.00pm	1.00pm - 2.00pm	1.00pm - 2.00pm
VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
BODY COMBAT	RPM	CORE	BODY ATTACK	BODY BALANCE	BODY PUMP	Sh'BAM
	5.30pm - 6.30pm	5.30pm-6.30pm	5.30pm - 6.30pm	5.30pm - 6.30pm	2.30pm - 3.00pm	2.30pm - 3.00pm
	BoxFIT	BODYPUMP	RPM	BoxFIT	VIRTUAL	VIRTUAL
			5 20 6 20		CORE 3.30pm - 4.30pm	CORE 3.30pm - 4.30pm
Facility closes at 6pm			5.30pm - 6.30pm		VIRTUAL	VIRTUAL
raciity closes at opin			Vinyasa Yoga (Studio 2)		SH'BAM	BODY BALANCE
			(Studio 2)			BODT BALANCE
	6.45p	m - 8.00pm VIRTUAL ON		S ESSENTIAL		
		Phone 5142 370	00 to make a booking			
Aquatic Classes						
		7.00a m – 7.50a m		7.00a m – 7.50a m		
		Deep Water		Deep Water		
		Running		Running		
	9.10a m -10.00a m			9.10a m -10.00a m		
	Aqua Easy			Aqua Easy		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8-Jan-24	9-Jan-24	10-Jan-24	11-Jan-24	12-Jan-24	13-Jan-24	14-Jan-24
Morning Classes						•
6.10am – 7.00am	6.10a m - 7.00a m	6.10a m – 7.00a m	6.10a m – 7.00a m	6.10a m – 7.00a m	8.30a m - 9.00a m	8.30a m - 9.00a m
RPM	FitHIIT	RPM	FitCIRCUIT	Soft Flow Yoga	VIRTUAL	VIRTUAL
				(Studio 2)	CORE	CORE
	7.15a m-7.45a m		7.15a m - 7.45a m	6.10am – 7.00am	9.15am -10.00am	
	VIRTUAL		VIRTUAL	RPM	VIRTUAL	
9.15a m-10.15a m	CORE 9.15a m -10.15a m	9.15am – 10.15am	CORE 9.15a m -10.15a m	9.15a m-10.15a m	BODY ATTACK 10.15a m-11.15a m	9.15a m – 10.15a m
	Strength Stretch		Strength Stretch			
BODYPUMP	Balance	BODYPUMP	Balance	BODYPUMP	YIN YOGA	SPIN
	12.15pm - 3.00pm	VIRTUAL ON DEMAND	**BOOKINGS ESSENTIAL			10.30a m -11.30a m
	Pho	ne 5142 3700 to make a	booking			VIRTUAL BODY COMBAT
Evening Classes						SINDA
4.00pm-5.00pm	4.00pm-5.00pm	4.30pm-5.00pm	4.00pm-5.00pm	4.00pm-5.00pm	1.00pm - 2.00pm	1.00pm - 2.00pm
VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
BODY COMBAT	RPM	CORE	BODY ATTACK	BODY BALANCE	BODY PUMP	Sh'BAM
5.30pm - 6.30pm	5.30pm - 6.30pm	5.30pm-6.30pm	5.30pm - 6.30pm	5.30pm - 6.30pm	2.30pm - 3.00pm	2.30pm - 3.00pm
Body Pump	BoxFIT	BODYPUMP	RPM	BoxFIT	VIRTUAL	VIRTUAL
					CORE	CORE
5.30pm - 6.30pm			5.30pm - 6.30pm		3.30pm - 4.30pm	3.30pm - 4.30pm
Vinyasa Yoga			Vinyasa Yoga		VIRTUAL	VIRTUAL
(Studio 2)			(Studio 2)		SH'BAM	BODY BALANCE
		VIRTUAL ON DEMAND * ne 5142 3700 to make a				
Aquatic Classes		7.000 7.50		7.005 7.50		
		7.00a m – 7.50a m		7.00a m – 7.50a m		
		Deen Water		Deen Water		
		Deep Water Running		Deep Water Running		
6.10pm - 7.00pm	9.10a m -10.00a m	·		·		
6.10pm - 7.00pm Deep Water Running	9.10am –10.00am Aqua Easy	·		Running		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15-Jan-24	16-Jan-24	17-Jan-24	18-Jan-24	19-Jan-24	20-Jan-24	21-Jan-24
Morning Classes						
6.10a m — 7.00a m	6.10am - 7.00am	6.10a m – 7.00a m	6.10a m – 7.00a m	6.10a m – 7.00a m	8.30a m - 9.00a m	8.30a m - 9.00a m
RPM	FitHIIT	RPM	FitCIRCUIT	Soft Flow Yoga	VIRTUAL	VIRTUAL
				(Studio 2) 6.10am – 7.00am	CORE 9.15a m -10.00a m	CORE
	7.15a m-7.45a m VIRTUAL		7.15a m-7.45a m VIRTUAL	8.10am = 7.00am	VIRTUAL	
	CORE		CORE	KLIVI	BODY ATTACK	
9.15a m-10.15a m	9.15am -10.15am	9.15am – 10.15am	9.15am -10.15am	9.15a m - 10.15a m	10.15a m-11.15a m	9.15a m-10.15a m
BODYPUMP	BODYBALANCE	BODYPUMP	BODYBALANCE	BODYPUMP	YIN YOGA	SPIN
		VIRTUAL ON DEMAND ne 5142 3700 to make a	**BOOKINGS ESSENTIAL			10.30am -11.30am VIRTUAL
						BODY COMBAT
Evening Classes	4.00 5.00	4 20 5 00	4.00 5.00	4.00 5.00		
4.00pm-5.00pm VIRTUAL	4.00pm-5.00pm VIRTUAL	4.30pm-5.00pm VIRTUAL	4.00pm-5.00pm VIRTUAL	4.00pm-5.00pm VIRTUAL	1.00pm - 2.00pm	1.00pm - 2.00pm
BODY COMBAT	RPM	CORE	BODY ATTACK	BODY BALANCE	VIRTUAL BODY PUMP	VIRTUAL
5.30pm - 6.30pm	5.30pm - 6.30pm	5.30pm-6.30pm	5.30pm - 6.30pm	5.30pm - 6.30pm	2.30pm - 3.00pm	Sh'BAM 2.30pm - 3.00pm
Body Pump	BoxFIT	BODYPUMP	RPM	BoxFIT	VIRTUAL	VIRTUAL
					CORE	CORE
5.30pm - 6.30pm			5.30pm - 6.30pm		3.30pm - 4.30pm	3.30pm - 4.30pm
Vinyasa Yoga			Vinyasa Yoga		VIRTUAL	VIRTUAL
(Studio 2)			(Studio 2)		SH'BAM	BODY BALANCE
		VIRTUAL ON DEMAND * ne 5142 3700 to make a	**BOOKINGS ESSENTIAL a booking			
Aquatic Classes	ı					
		7.00am – 7.50am Deep Water		7.00am — 7.50am Deep Water		
		Running		Running		
6.10pm - 7.00pm	9.10a m -10.00a m			9.10a m -10.00a m		
Deep Water Running	Aqua Easy			Aqua Easy		
MONDAY						
	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
22-Jan-24	23-Jan-24	WEDNESDAY 24-Jan-24	THURSDAY 25-Jan-24	FRIDAY 26-Jan-24	SATURDAY 27-Jan-24	SUNDAY 28-Jan-24
22-Jan-24 Morning Classes	23-Jan-24	24-Jan-24	25-Jan-24		27-Jan-24	28-Jan-24
22-Jan-24				26-Jan-24	27-Jan-24 8.30am - 9.00am VIRTUAL	28-Jan-24 8.30am - 9.00am VIRTUAL
22-Jan-24 Morning Classes 6.10am – 7.00am	23-Jan-24 6.10am - 7.00am FitHIIT	24-Jan-24 6.10am – 7.00am	25-Jan-24 6.10am – 7.00am FitCIRCUIT		27-Jan-24 8.30a m - 9.00a m VIRTUAL CORE	28-Jan-24 8.30am - 9.00am
22-Jan-24 Morning Classes 6.10am – 7.00am	23-Jan-24 6.10am - 7.00am FitHIIT 7.15am-7.45am	24-Jan-24 6.10am – 7.00am	25-Jan-24 6.10am – 7.00am FitCIRCUIT 7.15am-7.45am	26-Jan-24 Public Holiday Operating	27-Jan-24 8.30a m - 9.00a m VIRTUAL CORE 9.15a m -10.00a m	28-Jan-24 8.30am - 9.00am VIRTUAL
22-Jan-24 Morning Classes 6.10am – 7.00am	23-Jan-24 6.10am - 7.00am FitHIIT	24-Jan-24 6.10am – 7.00am	25-Jan-24 6.10am – 7.00am FitCIRCUIT	26-Jan-24 Public Holiday Operating	27-Jan-24 8.30a m - 9.00a m VIRTUAL CORE	28-Jan-24 8.30am - 9.00am VIRTUAL
22-Jan-24 Morning Classes 6.10am – 7.00am	23-Jan-24 6.10am - 7.00am FitHIIT 7.15am-7.45am VIRTUAL	24-Jan-24 6.10am – 7.00am	25-Jan-24 6.10am - 7.00am FitCIRCUIT 7.15am-7.45am VIRTUAL	26-Jan-24 Public Holiday Operating	8.30a m - 9.00a m VIRTUAL CORE 9.15a m -10.00a m VIRTUAL	28-Jan-24 8.30am - 9.00am VIRTUAL
22-Jan-24 Morning Classes 6.10am – 7.00am RPM	6.10am - 7.00am FitHIIT 7.15am-7.45am VIRTUAL CORE	24-Jan-24 6.10am – 7.00am RPM	25-Jan-24 6.10am – 7.00am FitCIRCUIT 7.15am-7.45am VIRTUAL CORE	26-Jan-24 Public Holiday Operating Hours 8am-6pm	8.30am - 9.00am VIRTUAL CORE 9.15am -10.00am VIRTUAL BODY ATTACK	28-Jan-24 8.30am - 9.00am VIRTUAL CORE
22-Jan-24 Morning Classes 6.10am – 7.00am RPM 9.15am-10.15am	23-Jan-24 6.10am - 7.00am FitHIIT 7.15am-7.45am VIRTUAL CORE 9.15am -10.15am	24-Jan-24 6.10am - 7.00am RPM 9.15am - 10.15am	25-Jan-24 6.10am – 7.00am FitCIRCUIT 7.15am-7.45am VIRTUAL CORE 9.15am -10.15am	Public Holiday Operating Hours 8am-6pm 9.15AM-10.15AM	27-Jan-24 8.30a m - 9.00a m VIRTUAL CORE 9.15a m -10.00a m VIRTUAL BODY ATTACK 10.15a m-11.15a m	28-Jan-24 8.30am - 9.00am VIRTUAL CORE
22-Jan-24 Morning Classes 6.10am – 7.00am RPM 9.15am-10.15am BODYPUMP	23-Jan-24 6.10am - 7.00am FitHIIT 7.15am-7.45am VIRTUAL CORE 9.15am -10.15am BODYBALANCE	24-Jan-24 6.10am - 7.00am RPM 9.15am - 10.15am BODYPUMP DEMAND **BOOKING	25-Jan-24 6.10am – 7.00am FitCIRCUIT 7.15am-7.45am VIRTUAL CORE 9.15am -10.15am BODYBALANCE	Public Holiday Operating Hours 8am-6pm 9.15AM-10.15AM VIRTUAL	27-Jan-24 8.30a m - 9.00a m VIRTUAL CORE 9.15a m -10.00a m VIRTUAL BODY ATTACK 10.15a m-11.15a m	28-Jan-24 8.30am - 9.00am VIRTUAL CORE
22-Jan-24 Morning Classes 6.10am – 7.00am RPM 9.15am-10.15am BODYPUMP	23-Jan-24 6.10am - 7.00am FitHIIT 7.15am-7.45am VIRTUAL CORE 9.15am -10.15am BODYBALANCE	24-Jan-24 6.10am - 7.00am RPM 9.15am - 10.15am BODYPUMP	25-Jan-24 6.10am – 7.00am FitCIRCUIT 7.15am-7.45am VIRTUAL CORE 9.15am -10.15am BODYBALANCE	Public Holiday Operating Hours 8am-6pm 9.15AM-10.15AM VIRTUAL	27-Jan-24 8.30a m - 9.00a m VIRTUAL CORE 9.15a m -10.00a m VIRTUAL BODY ATTACK 10.15a m-11.15a m	28-Jan-24 8.30am - 9.00am VIRTUAL CORE 9.15am-10.15am SPIN 10.30am -11.30am
22-Jan-24 Morning Classes 6.10am – 7.00am RPM 9.15am-10.15am BODYPUMP 12.15pm -	23-Jan-24 6.10am - 7.00am FitHIIT 7.15am-7.45am VIRTUAL CORE 9.15am -10.15am BODYBALANCE 3.00pm VIRTUAL ON Phone 5142 3700	24-Jan-24 6.10am - 7.00am RPM 9.15am - 10.15am BODYPUMP DEMAND **BOOKING to make a booking	25-Jan-24 6.10am - 7.00am FitCIRCUIT 7.15am-7.45am VIRTUAL CORE 9.15am -10.15am BODYBALANCE	Public Holiday Operating Hours 8am-6pm 9.15AM-10.15AM VIRTUAL BODYPUMP	8.30am - 9.00am VIRTUAL CORE 9.15am -10.00am VIRTUAL BODY ATTACK 10.15am-11.15am YIN YOGA	28-Jan-24 8.30am - 9.00am VIRTUAL CORE 9.15am-10.15am SPIN 10.30am -11.30am VIRTUAL BODY COMBAT
22-Jan-24 Morning Classes 6.10am – 7.00am RPM 9.15am-10.15am BODYPUMP 12.15pm - Evening Classes 4.00pm-5.00pm	23-Jan-24 6.10am - 7.00am FitHIIT 7.15am-7.45am VIRTUAL CORE 9.15am -10.15am BODYBALANCE 3.00pm VIRTUAL ON Phone 5142 3700	24-Jan-24 6.10a m - 7.00a m RPM 9.15a m - 10.15a m BODYPUMP DEMAND **BOOKING 0 to make a booking 4.30pm-5.00pm	25-Jan-24 6.10am - 7.00am FitCIRCUIT 7.15am-7.45am VIRTUAL CORE 9.15am -10.15am BODYBALANCE S ESSENTIAL 4.00pm-5.00pm	Public Holiday Operating Hours 8am-6pm 9.15AM-10.15AM VIRTUAL BODYPUMP	27-Jan-24 8.30a m - 9.00a m VIRTUAL CORE 9.15a m -10.00a m VIRTUAL BODY ATTACK 10.15a m-11.15a m YIN YOGA	28-Jan-24 8.30am - 9.00am VIRTUAL CORE 9.15am-10.15am SPIN 10.30am -11.30am VIRTUAL BODY COMBAT 1.00pm - 2.00pm
22-Jan-24 Morning Classes 6.10am – 7.00am RPM 9.15am-10.15am BODYPUMP 12.15pm - Evening Classes 4.00pm-5.00pm VIRTUAL	23-Jan-24 6.10am - 7.00am FitHIIT 7.15am-7.45am VIRTUAL CORE 9.15am -10.15am BODYBALANCE 3.00pm VIRTUAL ON Phone 5142 3700 4.00pm-5.00pm VIRTUAL	24-Jan-24 6.10am - 7.00am RPM 9.15am - 10.15am BODYPUMP DEMAND **BOOKING 0 to make a booking 4.30pm-5.00pm VIRTUAL	25-Jan-24 6.10am - 7.00am FitCIRCUIT 7.15am-7.45am VIRTUAL CORE 9.15am -10.15am BODYBALANCE S ESSENTIAL 4.00pm-5.00pm VIRTUAL	Public Holiday Operating Hours 8am-6pm 9.15AM-10.15AM VIRTUAL BODYPUMP 3.30pm-4.30pm VIRTUAL	8.30am - 9.00am VIRTUAL CORE 9.15am -10.00am VIRTUAL BODY ATTACK 10.15am-11.15am YIN YOGA 1.00pm - 2.00pm VIRTUAL	28-Jan-24 8.30am - 9.00am VIRTUAL CORE 9.15am-10.15am SPIN 10.30am -11.30am VIRTUAL BODY COMBAT 1.00pm - 2.00pm VIRTUAL
22-Jan-24 Morning Classes 6.10am – 7.00am RPM 9.15am-10.15am BODYPUMP 12.15pm - Evening Classes 4.00pm-5.00pm	23-Jan-24 6.10am - 7.00am FitHIIT 7.15am-7.45am VIRTUAL CORE 9.15am -10.15am BODYBALANCE 3.00pm VIRTUAL ON Phone 5142 3700	24-Jan-24 6.10a m - 7.00a m RPM 9.15a m - 10.15a m BODYPUMP DEMAND **BOOKING 0 to make a booking 4.30pm-5.00pm	25-Jan-24 6.10am - 7.00am FitCIRCUIT 7.15am-7.45am VIRTUAL CORE 9.15am -10.15am BODYBALANCE S ESSENTIAL 4.00pm-5.00pm	Public Holiday Operating Hours 8am-6pm 9.15AM-10.15AM VIRTUAL BODYPUMP	8.30am - 9.00am VIRTUAL CORE 9.15am -10.00am VIRTUAL BODY ATTACK 10.15am-11.15am YIN YOGA 1.00pm - 2.00pm VIRTUAL BODY PUMP	28-Jan-24 8.30am - 9.00am VIRTUAL CORE 9.15am-10.15am SPIN 10.30am -11.30am VIRTUAL BODY COMBAT 1.00pm - 2.00pm VIRTUAL Sh'BAM
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IMPORTANT PARTICIPATION INFORMATION - Relevant for all wet, dry & virtual classes:

- Participants are required to check in for their class via customer service at least 5-10 mins prior to the class starting time and collect a class ticket.
- · Participants must be prepared to commence at the scheduled starting time to avoid being locked out of class.
- Late arrivals will not be permitted to enter the class once the door is closed and class has started. This is for the safety of all participants.
- · During peak periods parking can be limited, please allow additional time to avoid missing out on your class.
- Please bring a towel and drink bottle. Personal yoga mats are also highly encouraged for dry classes.
- Classes are suitable for all levels of fitness however it is strongly recommended you seek medical advice before starting an exercise program.
- Attending Virtual classes is at the participants own risk. If participants have concerns regarding equipment set up or health & safety, it is highly
 recommended they participate in a class that is instructed by an instructor until they become familiar with the program.
- In the event of last-minute class changes or cancellations, Aqua Energy will advise via Facebook or in-house notices. Members may receive an sms.
- All classes timetabled are subject to instructor and space availability.
- Please do not attend if you are unwell, experiencing signs of sickness or have been in contact with someone diagnosed or suspected of having COVID 19

CLASS INFORMATION

VIRTUAL ON DEMAND ** BOOKINGS ESSENTIAL** Call 51423700 to make a booking.

Choose from any of our Les Mills programs listed below, contact Customer Service, and book a time within the allocated timeslots that suits you. Bookings are subject to time slot availability, so first to book gets preference.

On Demand bookings are not private bookings. All members and guests are welcome to attend classes that have been booked by other users. Please advise if you wish to cancel your booking so the timeslot may be made available to other users.

Virtual classes are often a gateway for live group fitness classes. So, if the thought of joining seasoned group exercisers daunts you, virtual could be the way to go. Virtual workouts typically attract smaller numbers, and you can go at your own pace, which makes them ideal if you're a novice looking to learn the moves.

AQUA EASY

Conducted at West Sale

A warm water circuit supervised by our experienced gym instructor in our Hydrotherapy pool. Suitable for people with joint mobility difficulties.

LESMILLS BODYATTACK

Conducted in the Group Fitness Studio

High Energy class with moves that cater for total beginners to total addicts. Athletic movement and strength exercises combined to challenge you in a good way.

LESMILLS BODYBALANCE

Conducted in the Group Fitness Studio & Studio 2 (check timetable for location)

New generation yoga class that builds flexibility and strength through a series of simple yoga moves with elements of Tai Chi and Pilates

LESMILLS BODYCOMBAT

Conducted in the Group Fitness Studio

Punch and kick your way to fitness! This high-energy noncontact martial-arts inspired workout is totally addictive with no complex moves to master. You'll release stress, have a blast and feel like a champ.

LESMILLS BODYPUMP

Conducted in the Group Fitness Studio

This class is one of the world's fastest ways to get in shape. Using low weight loads and high repetitions it burns fat and calories, gains strength and quickly produces lean body muscle conditioning.

BOXFIT

Conducted in the Group Fitness Studio & Studio 2 (check timetable for location)

Boxing for fitness, weight loss, muscle toning, and stress relief. Build strength, endurance and increase cardio fitness. Participants must provide their own inner gloves. Inner gloves available for purchase at Customer Service for \$1.50.

CORE

Conducted in the Group Fitness Studio

A scientific core workout for incredible core tone and sports performance. Using resistance tubes, weight plates and body weight exercises like crunches, hovers. hip, butt and lower back exercises, you build strength, stability and endurance in the muscles that support your core, improve balance, & assist injury prevention.

DEEP WATER RUNNING

Conducted in the Sale Outdoor Pool

The stimulation of running while being suspended in deep water using a floatation belt. Great for anyone wanting cardiovascular training and muscle conditioning.

FITCIRCUIT

Conducted in the Group Fitness Studio

A mixed medley of exercises to for an all over body workout and cardio kick. This class brings some of the old classic exercises back with a modern-day twist. Participants must provide their own inner gloves for boxing activities. Inner gloves available for purchase at Customer Service for \$1.50.

FITHIIT – HIGH INTENSITY INTERVAL TRAINING Conducted in Group Fitness Studio/Outdoors

Incorporates alternating short periods of intense anaerobic exercise with less-intense recovery periods. Participants must provide their own inner gloves for boxing activities. Inner gloves available for purchase at Customer Service for \$1.50

GRIT CARDIO

Conducted in Group Fitness Studio

30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

GRIT STRENGTH

Conducted in Group Fitness Studio

30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

LesMills

Conducted in the Group Fitness Studio

The indoor cycling workout workout where you control the intensity. It's fun, & low impact. Take on hills, flats, mountain peaks, time trials, and interval training and discover your athlete within - sweat and burn to reach your endorphin high.

LesMills SH'BAM

Conducted in the Group Fitness Studio

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

Sprint

Conducted in the Group Fitness Studio

30-minute High-Intensity Interval Training (HIIT) workout using an indoor bike to achieve results fast. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

SPIN

Conducted in the Group Fitness Studio

Freestyle indoor cycling workout designed to provide you with the optimum in fat burning. Simulating various terrain and other drills to give you a great interval workout.

VINYASA FLOW YOGA

Conducted in Studio 2

Covers a broad range of yoga styles and is also known as flow yoga, because of the smooth way that the poses run together and become dance like. Movement is synchronised to the breath.

YIN YOGA

Conducted in Studio 2

The "other half" of yoga...offering deep release on many levels, strengthening and lengthening the connective tissues in your body, healthy stressing of your joints, increasing your range of motion, opening and clearing energy channels, ultimately giving us a feeling of ease and lightness and surrender in the body.

LEISURE CENTRE