

GROUP FITNESS TIMETABLE

CHRISTMAS HOLIDAYS

OPENING HOURS

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

Monday 20th Dec 2021 - Sunday 26th Dec 2021

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	Pump	Spin	Spin	Pump	Spin		
8:00 AM	Aqua		Aqua				
9:00 AM	Aqua		Aqua				
9:15 AM	Spin		Spin	Spin	Spin		
9:15 AM	Attack	Step	Pump	Attack	Combat		
10:00 AM				Aqua	Aqua		
10:15 AM	Pump & Spin	Sculpt & Spin					
10:30 AM					Balance		
12:00 PM	Pilates	Fit & Fab		Fit & Fab			
1:00 PM	Fit & Fab						
6:00 PM	Pump & Spin	Pump		Pump			
7:00 PM	Combat	Yoga	Pump & Spin	Spin			

Monday 27th December - Sunday 2nd January

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM			Aqua				
9:00 AM			Aqua				
9:15 AM	Attack	Zumba	Pump & Spin	Attack & Spin	Pump & Spin		
10:00 AM				Aqua	Aqua		
10:15 AM	Pump						Yoga
10:30 AM					Balance		
3:00 PM							Yoga
6:00 PM			Pump & Spin	Pump & Spin			

Monday 3rd January - Sunday 9th January

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM			Aqua				
8:15 AM						Pump	
9:00 AM			Aqua				
9:15 AM	Attack	Super Cir	Pump & Spin	Attack & Spin	Combat & Spin	Attack	
10:00 AM					Aqua		
10:15 AM	Pump					Pilates	Yoga
10:30 AM					Balance		
11:15 AM						Zumba	
12:00 PM		Fit & Fab					
12:15 PM					Fit & Fab		
3:00 PM						Yoga	Yoga
6:00 PM		Pump	Pump & Spin	Pump & Spin			