

# Festive Season Group Fitness Timetable

19/12/22 – 25/12/22

## Monday

**SELcius**  
6am – 6:45am

**Aqua Fit**  
9am – 9:45am

**Body Step**  
9:30am – 10:15am

**Lite Pace Fitness**  
9:30am – 10:15am

**Aqua Movers**  
10am – 10:45am

**SELcius**  
6:15pm – 7pm

**Aqua Fun**  
6:30pm – 7:15pm

**SELcius BOX**  
7pm – 7:45pm

## Tuesday

**Aqua Fit**  
8:15am – 9am

**Aqua Movers**  
9am – 9:45am

**Lite Pace Fitness**  
9:30am – 10:15am

**Aqua Movers**  
10am – 10:45am

**Yogalates**  
10:15am – 11am

**Aqua Movers**  
11:30am – 12:15pm

**SELcius**  
5:45pm – 6:30pm

**Aqua Fun**  
6:30pm – 7:15pm

**RPM**  
6:30pm – 7:15pm

## Wednesday

**RPM**  
6am – 6:45am

**Body Balance**  
8:30am – 9:15am

**Aqua Fit**  
9am – 9:45am

**Lite Pace Fitness**  
10am – 10:45am

**Aqua Movers**  
11:15am – 12pm

**SELcius**  
6:15pm – 7pm

**Yoga**  
6:30pm – 7:15pm

## Thursday

**Aqua Movers**  
9am – 9:45am

**Lite Pace Fitness**  
9:30am – 10:15am

**Aqua Movers**  
10am – 10:45am

**Yin Yoga**  
10:30am – 11:15am

**SELcius**  
6:15pm – 7pm

**Aqua Fun**  
6:30pm – 7:15pm

## Friday

**SELcius**  
6am – 6:45am

**Body Balance**  
8:15am – 9am

**Lite Pace Fitness**  
8:45am – 9:30am

**Aqua Movers**  
10am – 10:45am

**Aqua Movers**  
11am – 11:45am

## Saturday

## Sunday

# Festive Season Group Fitness Timetable

26/12/22 – 1/01/23

## Monday

**\*Public Holiday**  
**8am–5pm**  
**Operating Hours**

**Aqua Fit**  
9am – 9:45am

**Body Step**  
9:30am – 10:15am

**Lite Pace Fitness**  
9:30am – 10:15am

## Tuesday

**\*Public Holiday**  
**8am–5pm**  
**Operating Hours**

**Lite Pace Fitness**  
9:30am – 10:15am

**Aqua Movers**  
10am – 10:45am

**Aqua Movers**  
11:30am – 12:15pm

## Wednesday

**Body Balance**  
8:30am – 9:15am

**Aqua Fit**  
9am – 9:45am

**Lite Pace Fitness**  
10am – 10:45am

**Aqua Movers**  
11:15am – 12pm

**SELcius**  
6:15pm – 7pm

**Yoga**  
6:30pm – 7:15pm

## Thursday

**Aqua Movers**  
9am – 9:45am

**Lite Pace Fitness**  
9:30am – 10:15am

**Body Balance**  
10:30am – 11:15am

**SELcius**  
6:15pm – 7pm

**Aqua Fun**  
6:30pm – 7:15pm

## Friday

**SELcius**  
6am – 6:45am

**Body Balance**  
8:15am – 9am

**Lite Pace Fitness**  
8:45am – 9:30am

**Aqua Fit**  
9am – 9:45am

**Aqua Movers**  
10am – 10:45am

**Aqua Movers**  
11am – 11:45am

## Saturday

## Sunday



# Festive Season Group Fitness Timetable

2/01/23 – 8/01/23

## Monday

**\*Public Holiday**  
**8am-5pm**  
**Operating Hours**

**Body Step**  
9:30am – 10:15am  
**Lite Pace Fitness**  
9:30am – 10:15am

## Tuesday

**Lite Pace Fitness**  
9:30am – 10:15am

**Aqua Movers**  
10am – 10:45am

**Aqua Movers**  
11:30am – 12:15pm

**SELcius**  
5:45pm – 6:30pm

**RPM**  
6:30pm – 7:15pm

## Wednesday

**Body Balance**  
8:30am – 9:15am

**Aqua Fit**  
9am – 9:45am

**Lite Pace Fitness**  
10am – 10:45am

**Aqua Movers**  
11:15am – 12pm

**SELcius**  
6:15pm – 7pm

**Yoga**  
6:30pm – 7:15pm

## Thursday

**Aqua Movers**  
9am – 9:45am

**Lite Pace Fitness**  
9:30am – 10:15am

**Body Balance**  
10:30am – 11:15am

**SELcius**  
6:15pm – 7pm

**Aqua Fun**  
6:30pm – 7:15pm

## Friday

**SELcius**  
6am – 6:45am

**Body Balance**  
8:15am – 9am

**Lite Pace Fitness**  
8:45am – 9:30am

**Aqua Fit**  
9am – 9:45am

**Aqua Movers**  
10am – 10:45am

**Aqua Movers**  
11am – 11:45am

## Saturday

## Sunday