



## Festive Season Group Fitness Timetable 19/12/22 - 25/12/22

| Monday                                       | Tuesday   | Wednesday                                  | Thursday                                     | Friday                                      | Saturday | Sunday |
|--|---|--|--|---|----------|--------|
| <b>SEL</b> .ius<br>6am - 6:45am              | <b>Aqua Fit</b><br>8:15am - 9am                                 | <b>RPM</b><br>6am - 6:45am                 | <b>Aqua Movers</b><br>9am - 9:45am           | <b>SEL-ius</b><br>6am - 6:45am              |          |        |
| <b>Aqua Fit</b><br>9am - 9:45am              | <b>Aqua Movers</b><br>9am - 9:45am                              | <b>Body Balance</b><br>8:30am - 9:15am     | <b>Lite Pace Fitness</b><br>9:30am - 10:15am | <b>Body Balance</b><br>8:15am - 9am         |          |        |
| <b>Body Step</b><br>9:30am - 10:15am         | <b>Lite Pace Fitness</b><br>9:30am - 10:15am                    | <b>Aqua Fit</b><br>9am - 9:45am            | <b>Aqua Movers</b><br>10am - 10:45am         | <b>Lite Pace Fitness</b><br>8:45am - 9:30am |          |        |
| <b>Lite Pace Fitness</b><br>9:30am - 10:15am | <b>Aqua Movers</b><br>10am - 10:45am                            | <b>Lite Pace Fitness</b><br>10am - 10:45am | <b>Yin Yoga</b><br>10:30am - 11:15am         | <b>Aqua Movers</b><br>10am - 10:45am        |          |        |
| <b>Aqua Movers</b><br>10am - 10:45am         | Yogalates<br>10:15am - 11am<br>Aqua Movers<br>11:30am - 12:15pm | Aqua Movers<br>11:15am - 12pm              |  | <b>Aqua Movers</b><br>11am - 11:45am        |          |        |
| <b>SEL-i̇̀us</b><br>6:15pm - 7pm             | <b>SEL-ius</b><br>5:45pm - 6:30pm                               | <b>SEL-ius</b><br>6:15pm - 7pm             | <b>SEL<i>-</i>ius</b><br>6:15pm - 7pm        |   |          |        |
| <b>Aqua Fun</b><br>6:30pm - 7:15pm           | <b>Aqua Fun</b><br>6:30pm - 7:15pm                              | <b>Yoga</b><br>6:30pm - 7:15pm             | <b>Aqua Fun</b><br>6:30pm - 7:15pm           |   |          |        |
| SEL:ius Box                                  | RPM   |  |  |   |          |        |

7pm - 7:45pm

6:30pm - 7:15pm





## Festive Season Group Fitness Timetable 26/12/22 - 1/01/23

| Monday                                       | Tuesday                           | Wednesday                              | Thursday                                     | Friday                               | Saturday | Sunday |
|--|-----------------------------------|--|--|--------------------------------------|----------|--------|
| *Public Holiday<br>8am-5pm                   | *Public Holiday<br>8am-5pm        | <b>Body Balance</b><br>8:30am - 9:15am | <b>Aqua Movers</b><br>9am - 9:45am           | <b>SEL</b> :ius<br>6am - 6:45am      |          |        |
| Operating Hours<br>Aqua Fit                  | Operating Hours Lite Pace Fitness | <b>Aqua Fit</b><br>9am - 9:45am        | <b>Lite Pace Fitness</b><br>9:30am - 10:15am | <b>Body Balance</b><br>8:15am - 9am  |          |        |
| 9am - 9:45am                                 | 9:30am - 10:15am                  | Lite Pace Fitness                      | Body Balance                                 | Lite Pace Fitness                    |          |        |
| Body Step                                    | Aqua Movers                       | 10am - 10:45am                         | 10:30am - 11:15am                            | 8:45am - 9:30am                      |          |        |
| 9:30am - 10:15am                             | 10am - 10:45am                    | <b>Aqua Movers</b><br>11:15am - 12pm   |  | <b>Aqua Fit</b><br>9am - 9:45am      |          |        |
| <b>Lite Pace Fitness</b><br>9:30am - 10:15am | Aqua Movers<br>11:30am - 12:15pm  | π.ιοαιτι 12βιτι                        |  | <b>Aqua Movers</b><br>10am - 10:45am |          |        |
|  |                                   |  |  | <b>Aqua Movers</b><br>11am - 11:45am |          |        |
|  |                                   |  |  |                                      |          |        |
|  |                                   | <b>SEL</b> :ius                        | <b>SEL</b> .ius                              |                                      |          |        |
|  |                                   | 6:15pm - 7pm                           | 6:15pm - 7pm                                 |                                      |          |        |
|  |                                   | <b>Yoga</b><br>6:30pm - 7:15pm         | <b>Aqua Fun</b><br>6:30pm - 7:15pm           |                                      |          |        |
|  |                                   | 6:30pm - 7:15pm                        | - 0.00pm 7.10pm                              | •                                    |          |        |





## Festive Season Group Fitness Timetable 2/01/23 - 8/01/23

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday | Sunday |
|---|--|---|---|---|----------|--------|
| *Public Holiday<br>8am-5pm                                    |  | <b>Body Balance</b><br>8:30am - 9:15am                            | <b>Aqua Movers</b><br>9am - 9:45am                                    | <b>SEL</b> :ius<br>6am - 6:45am   |          |        |
| Body Step 9:30am - 10:15am Lite Pace Fitness 9:30am - 10:15am | <b>Lite Pace Fitness</b><br>9:30am - 10:15am                       | <b>Aqua Fit</b><br>9am - 9:45am                                   | <b>Lite Pace Fitness</b><br>9:30am - 10:15am                          | <b>Body Balance</b><br>8:15am - 9am   |          |        |
|   | <b>Aqua Movers</b><br>10am - 10:45am                               | <b>Lite Pace Fitness</b><br>10am - 10:45am                        | <b>Body Balance</b><br>10:30am - 11:15am                              | <b>Lite Pace Fitness</b><br>8:45am - 9:30am                                 |          |        |
|   | <b>Aqua Movers</b><br>11:30am - 12:15pm                            | <b>Aqua Movers</b><br>11:15am - 12pm                              |   | Aqua Fit 9am - 9:45am Aqua Movers 10am - 10:45am Aqua Movers 11am - 11:45am |          |        |
|   | <b>SEL-ius</b><br>5:45pm - 6:30pm<br><b>RPM</b><br>6:30pm - 7:15pm | <b>SEL</b> .ius<br>6:15pm - 7pm<br><b>Yoga</b><br>6:30pm - 7:15pm | <b>SEL</b> -ius<br>6:15pm - 7pm<br><b>Aqua Fun</b><br>6:30pm - 7:15pm |   |          |        |