



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

Stretch/Relax
7pm – 7:45pm

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

Stretch/Relax
7pm - 7:45pm

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
Aqua Movers
10am – 10:45am

Tuesday

Aqua Fit
8:15am – 9am
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
Stretch/Relax
7pm – 7:45pm

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

Saturday

Sunday