

Group Fitness Timetable – 6 Week Holiday Period

January

Week 4

	SAT 11	SUN 12	MON 13	TUE 14	WED 15	THU 16	FRI 17
6:15 am			Max Combo	Active Adults Body Step	Max Strength	Max Combo	HIIT
7:00 am	Aqua						
7:15 am			Active Adults	Active Adults	Mat Pilates	Cycle	
7:30 am			Active Aqua		Active Aqua		Active Aqua
8:00 am	Body Pump						
8:15 am			Active Adults	Active Adults	Active Adults	Active Adults	Active Adults
9:00 am		Active Adults Body Pump					
9:15 am	Zumba				Deep Water Aqua		
9:30 am	Circuit		Circuit				
10:00 am		Mat Pilates			Yoga	Yoga	
10:30 am	Boxing Yoga		Yoga				
11:00 am				Active Adults	Active Aqua	Active Adults	Active Aqua Yoga
12:00 pm					Body Pump 30min		Zumba Gold
12:30 pm					Mat Pilates		
6:00 pm			Max Strength Mat Pilates	Boxing Yoga Deep Water Aqua	Yoga Body Pump Mat Pilates	Max Combo	
7:15 pm				Zumba Body Pump			
7:30 pm			Active Aqua				

Legend:

Water Base	Program Studio	Group Fitness Studio	Online Class
------------	----------------	----------------------	--------------

Group Fitness Timetable – 6 Week Holiday Period

January

Week 5

	SAT 18	SUN 19	MON 20	TUE 21	WED 22	THU 23	FRI 24
6:15 am			Max Combo	Active Adults Max Combo	Max Strength	Max Combo	HIIT Body Step
7:00 am	Aqua						
7:15 am			Active Adults	Active Adults	Mat Pilates	Cycle	
7:30 am			Active Aqua		Active Aqua		Active Aqua
8:00 am	Body Pump			Meditation			
8:15 am			Active Adults	Active Adults	Active Adults	Active Adults	Active Adults
9:00 am		Active Adults Body Pump					
9:15 am	Zumba				Deep Water Aqua		
9:30 am	Circuit		Circuit				
10:00 am		Mat Pilates		Yoga	Yoga	Yoga	
10:30 am	Boxing Yoga		Yoga				
11:00 am				Active Adults	Active Aqua	Active Adults	Active Aqua Yoga
12:00 pm					Body Pump 30min		Zumba Gold
12:30 pm					Mat Pilates		
6:00 pm			Max Strength Mat Pilates	Boxing Deep Water Aqua	Yoga Body Pump Mat Pilates	Max Combo	
7:15 pm				Zumba Body Pump			
7:30 pm			Active Aqua				

Legend:

Water Base	Program Studio	Group Fitness Studio	Online Class
------------	----------------	----------------------	--------------

Group Fitness Timetable – 6 Week Holiday Period

January

Week 6

	SAT 25	SUN 26	MON 27	TUE 28	WED 29	THU 30	FRI 31
6:15 am				Active Adults	Max Strength	Max Combo	HIIT Body Step
7:00 am	Aqua						
7:15 am				Active Adults	Mat Pilates	Cycle	
7:30 am					Active Aqua		Active Aqua
8:00 am	Body Pump Yoga			Meditation			
8:15 am			Active Adults	Active Adults	Active Adults	Active Adults	Active Adults
9:00 am		Active Adults Body Pump					
9:15 am	Zumba				Deep Water Aqua		
9:30 am	Circuit						
10:00 am		Mat Pilates		Yoga	Yoga	Yoga	
10:30 am	Boxing Yoga		Yoga				
11:00 am				Active Adults	Active Aqua	Active Adults	Active Aqua Yoga
12:00 pm					Body Pump 30min		Zumba Gold
12:30 pm					Mat Pilates		
6:00 pm				Boxing Yoga Deep Water Aqua	Body Pump Mat Pilates	Max Combo	
7:15 pm				Zumba Body Pump	Zumba Gold/Toning		

Legend:

Water Base	Program Studio	Group Fitness Studio	Online Class
------------	----------------	----------------------	--------------