

## GROUP FITNESS TIMETABLE

August 17 2020

**Timetable is subject to change without notice**

**Fitness classes do not run on public holidays**

| Fitness Room (land based)   |                     |                            |                     |                    |                   |
|-----------------------------|---------------------|----------------------------|---------------------|--------------------|-------------------|
|                             | Monday              | Tuesday                    | Wednesday           | Thursday           | Friday            |
| 6.10am                      |                     | Meta Fit (30m)             |                     |                    | Meta Fit (30m)    |
| 9.00am                      | BodyPump (60m)      | Fitball (60m)              | BodyPump (60m)      | Yoballates (60m)   | BodyPump (60m)    |
| 10.15am                     |                     | Revive (60m)               |                     |                    |                   |
| 11.30pm                     |                     | Tai Chi (60m)<br>(Qi Gong) |                     | Revive (60m)       |                   |
| 12.00pm                     |                     |                            | Lift for Life (60m) |                    |                   |
| 1.00pm                      | Lift for Life (60m) |                            |                     |                    |                   |
| 5.30pm                      | CX Worx (30m)       | HIIT (40m)                 | BodyPump (60m)      | Meta PWR (30m)     |                   |
| 6.00pm                      | Yoga (60m)          |                            |                     |                    |                   |
| 6.30pm                      |                     |                            | CX Worx (30m)       |                    |                   |
| Aqua Aerobics (water based) |                     |                            |                     |                    |                   |
|                             | Monday              | Tuesday                    | Wednesday           | Thursday           | Friday            |
| 9.00am                      |                     |                            | Easy Aqua (60m)     |                    | Aqua Fusion (60m) |
| 10.15am                     | Aqua Fusion (60m)   |                            |                     | Splash Dance (60m) |                   |
| 11.30am                     |                     | Deep 2 Core (60m)          |                     |                    |                   |
| 5.30pm                      |                     |                            |                     | Aqua Fusion (45m)  |                   |

- Revive and Lift for Life classes are not available until an assessment has been completed.
- Shoes must be worn to all dry fitness classes (excluding Yoga).
- Participants must be 14 years and older to attend all classes.

### AquaCentre & Fitness room opening hours

Monday to Friday 6.00am - 7.00pm

Saturday and Sunday 9.00am - 5.00pm

New Years Day CLOSED

Good Friday CLOSED

ANZAC Day 1.00pm - 5.00pm

All other public Holidays 10.00am - 5.00pm

Please see reception for Christmas opening hours. Fitness classes do not run on public holidays.