

## GROUP FITNESS HOLIDAY TIMETABLE MONDAY 4<sup>TH</sup> JANUARY TO SUNDAY 10<sup>TH</sup> JANUARY

GROUP FITNESS STUDIO							
	MONDAY 4/1	TUESDAY 5/1	WEDNESDAY 6/1	THURSDAY 7/1	FRIDAY 8/1	SATURDAY 9/1	SUNDAY 10/1
5.45am	V BODY PUMP	V CX WORX	V LM BARRE	V BODY COMBAT	V BODY PUMP		
7.00am	V BODY BALANCE	V BODY PUMP	V BODY COMBAT	V BODY PUMP	V BODY COMBAT		
8.00am	STRONG MOVERS	V BODY BALANCE	STRONG MOVERS	V CX WORX	V BODY BALANCE	8.15am V BODY BALANCE	8.15am V BODY BALANCE
9.30am	YOGA	V BODY COMBAT	V BODY PUMP	V BODY COMBAT	V BODY PUMP	V BODY PUMP	V BODY COMBAT
10.45am	V LM BARRE	YOGA	V BODY BALANCE	YOGA	V BODY BALANCE	V CX WORX	V BODY PUMP
4.00pm	V LM BARRE	V BODY COMBAT	V BODY PUMP	V CX WORX	V BODY PUMP	V BODY COMBAT	V LM BARRE
5.30pm	V BODY COMBAT	V BODY PUMP	V BODY COMBAT	V BODY PUMP	V CX WORX	V BODY PUMP	V BODY BALANCE
6.30pm	PILATES	BARRE	YOGA	V BODY BALANCE	V BODY PUMP		
7.30pm	V BODY BALANCE	V LM BARRE	V BODY PUMP	V CX WORX	V BODY COMBAT		

CYCLE STUDIO							
	MONDAY 4/1	TUESDAY 5/1	WEDNESDAY 6/1	THURSDAY 7/1	FRIDAY 8/1	SATURDAY 9/1	SUNDAY 10/1
6.00am	V SPRINT	CBC	V SPRINT	V RPM	V SPRINT		
7.00am	V RPM	V SPRINT	V RPM	V SPRINT	V RPM		
8.00am	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	8.15am V RPM	8.15am V RPM
9.30am	CBC	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	V RPM
10.45am	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT
1.30pm	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	V RPM	V RPM
4.30pm	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	V RPM	V RPM
6.00pm	V RPM	V RPM	V RPM	V RPM	V RPM		
7.30pm	V RPM	V SPRINT	V RPM	V SPRINT	V RPM		

POOL					
	MONDAY 4/1	TUESDAY 5/1	WEDNESDAY 6/1	THURSDAY 7/1	FRIDAY 8/1
8.15am	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS
9.15am	AQUA MOVERS		AQUA MOVERS		AQUA MOVERS
12:30pm		GENTLE AQUA			
7.30pm		AQUA WORKOUT		AQUA WORKOUT	