

HOLIDAY GROUP FITNESS TIMETABLE

DAY/DATE	16/12/24 Monday	17/12/24 Tuesday	18/12/24 Wednesday	19/12/24 Thursday	20/12/24 Friday	21/12/24 Saturday	22/12/24 Sunday
OPEN HOURS	7:30am to 7pm	7:30am to 7pm	7:30am to 7pm	7:30am to 7pm	7:30am to 7pm	8am to 12pm	8am to 12pm
8am	Strength for Life	Strength for Life	Strength for Life		Strength for Life	No Group Fitness	No Group Fitness
9.20am	Boxing and SFL	X-train	HIIT	X-train	HIIT and SFL		
10.30am	Strength for Life	Strength for Life	Strength for Life	Bodybalance	Strength for Life		
4pm	Teen Gym		Teen Gym				
6pm	Spin	Bodypump	Bodybalance	Bodypump			
DAY/DATE	23/12/24 Monday	24/12/24 Tuesday	25/12/24 Wednesday	26/12/24 Thursday	27/12/24 Friday	28/12/24 Saturday	29/12/24 Sunday
OPEN HOURS	8am to 12pm	8am to 12pm	CLOSED	CLOSED	8am to 12pm	8am to 12pm	8am to 12pm
	No Group Fitness	No Group Fitness			No Group Fitness	No Group Fitness	No Group Fitness
DAY/DATE	30/01/24 Monday	31/01/24 Tuesday	01/01/24 Wednesday	02/01/24 Thursday	03/01/24 Friday	04/01/24 Saturday	05/01/24 Sunday
OPEN HOURS	8am to 12pm	8am to 12pm	CLOSED	8am to 12pm	8am to 12pm	8am to 12pm	8am to 12pm
8am	Strength for Life	Strength for Life			Strength for Life	8.15am Spin	
9.20am	Boxing				HIIT		9am Bodypump
10.30am	Strength for Life	Strength for Life		Bodybalance	Strength for Life		

NOTES:

Our regular hours and Group Fitness will resume Monday 06/01/2025



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