


**DECEMBER 22ND – DECEMBER 28TH
2025**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN STUDIO	6:30am		BodyPump 30min					
	8:15am				PUBLIC HOLIDAYS NO CLASSES		Retro	
	8:45am						BodyPump	
	9:00am							
	9:15am	Retro	Les Mills Tone 30min	Circuit				
	9:30am							
	9:45am	STR1KE 30min	BodyStep 30min					
	10:15am	BodyPump		Pilates				
	10:30am		Yoga					
	11:00am							
	11:15am	Pilates						
	11:30am							
	12:15pm							
	5:00pm							
	5:30pm		Les Mills Dance					
	6:00pm							
	6:30pm		BodyPump					
	7:00pm	Yogalates		BodyBalance				

**DECEMBER 22ND – DECEMBER 28TH
2025**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATICS	8:00am				PUBLIC HOLIDAYS NO CLASSES			
	9:00am	AQUA		AQUA				
	10:00am							
	11:15am							
	6:00pm							
	6:15pm	AQUA						

**DECEMBER 29TH – JANUARY 4TH
2025/26**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN STUDIO	6:30am		BodyPump 30min					
	8:15am				PUBLIC HOLIDAY NO CLASSES			
	8:45am							
	9:00am							
	9:15am		Les Mills Tone 30min	Circuit				
	9:30am							
	9:45am		BodyStep 30min					
	10:15am	BodyPump		Pilates		Les Mills Dance		
	10:30am							
	11:00am							
	11:15am							
	11:30am							
	12:15pm							
	5:00pm							
	5:30pm		Les Mills Dance					
	6:00pm							
	6:30pm		BodyPump					
	7:00pm	Yogalates		BodyBalance				

DECEMBER 29TH – JANUARY 4TH
2025/26

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATICS	8:00am				PUBLIC HOLIDAY NO CLASSES			
	9:00am	AQUA		AQUA				
	10:00am							
	11:15am							
	6:00pm	AQUA						
	6:15pm		AQUA					

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN STUDIO	6:30am		BodyPump 30min					
	8:15am				Grooving		Retro	
	8:45am						BodyPump	
	9:00am			Heart Foundation Walking			*No Classes January 11th	
	9:15am	Retro	Les Mills Tone 30min	Circuit	Step	Les Mills Tone		
	9:30am							
	9:45am	STR1KE 30min	BodyStep 30min					
	10:15am			Pilates		Les Mills Dance		
	10:30am							
	11:00am	Active Adults Functional		Every1 Can Lift		Active Adults Balance		
	11:15am	Pilates						
	11:30am		Tai Chi For Health					
	12:15pm				Grooving			
	5:00pm					Pilates		
	5:30pm		Les Mills Dance					
	6:00pm	Les Mills Tone		Circuit				
	6:30pm		BodyPump					
	7:00pm	Pilates						

		<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
AQUATICS	8:00am	GOLDIES		GOLDIES		GOLDIES		
	9:00am	AQUA		AQUA		AQUA		
	10:00am				AQUA			
	11:15am		GROOVING AQUA					
	6:00pm				AQUA			
	6:15pm	AQUA						