DECEMBER 22ND – DECEMBER 28TH 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30an	1	BodyPump 30min					
8:15an	1					Retro	
8:45an	1					BodyPump	
9:00an							
9:15an	Retro	Les Mills Tone 30min	Circuit				
9:30an							
9:45an	STR1KE 30min	BodyStep 30min		PUBLIC			
10:15ar	n BodyPump		Pilates	HOLIDAYS			
10:30ar	n	Yoga		NO			
11:00ar	n			CLASSES			
11:15ar	n Pilates						
11:30ar	n						
12:15pr	n						
5:00pn	1						
5:30pn	1	Les Mills Dance					
6:00pn	1						
6:30pn	1	BodyPump					
7:00pn	Yogalates		BodyBalance				



DECEMBER 22ND – DECEMBER 28TH 2025

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00am							
	9:00am	AQUA		AQUA				
AQUATICS	10:00am				PUBLIC HOLIDAY	s		
AQUA	11:15am				NO CLASSES			
	6:00pm							
	6:15pm	AQUA						
201					学动物生态电影体 的	STOKETA SE	49 64 A DO NOT THE REAL PROPERTY.	



DECEMBER 29TH – JANUARY 4TH 2025/26

					Will Ask Control		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am		BodyPump 30min					
8:15am							
8:45am							
9:00am							
9:15am		Les Mills Tone 30min	Circuit				
9:30am							
9:45am		BodyStep 30min		PUBLIC HOLIDAY			
10:15am	BodyPump		Pilates	NO	Les Mills Dance		
10:30am				CLASSES		100	
11:00am				CL/ 10020			
11:15am							A MANUAL TO SERVICE OF THE SERVICE O
11:30am							77.14
12:15pm						1	
5:00pm							
5:30pm		Les Mills Dance					
6:00pm							
6:30pm		BodyPump					
7:00pm	Yogalates		BodyBalance				



DECEMBER 29TH – JANUARY 4TH 2025/26

111

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATICS	8:00am							
	9:00am	AQUA		AQUA				
	10:00am				PUBLIC HOLIDAY			
	11:15am				NO CLASSES			
	6:00pm	AQUA						
	6:15pm		AQUA					
P P P			34	THE RESERVE OF THE PARTY OF THE	ALTERNATION I	STOCK MEDICAL SAME		



JANUARY 5TH - JANUARY 31ST 2026

					ATTEMATICAL CONTRACTOR OF THE PROPERTY OF THE	NEON SECTION OF THE S	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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						



JANUARY 5TH – JANUARY 31ST 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00am	GOLDIES		GOLDIES		GOLDIES		
AQUATICS	9:00am	AQUA		AQUA		AQUA		
	10:00am				AQUA			
	11:15am		GROOVING AQUA					
	6:00pm				AQUA			
	6:15pm	AQUA						
100			24					

