

Group Exercise Timetable



23 DEC 2024 –
29 DEC 2024

		Mon 23rd	Tue 24th	Wed 25th	Thu 26th	Fri 27th	Sat 28th	Sun 29th
Group Exercise	6:00am	NO CLASSES	NO CLASSES	CLOSED CHRISTMAS DAY	CLOSED BOXING DAY	NO CLASSES	NO CLASSES	NO CLASSES
	9:30am							
	12:00pm							

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool	7:00am	NO CLASSES	NO CLASSES	CLOSED CHRISTMAS DAY	CLOSED BOXING DAY	NO CLASSES	NO CLASSES	NO CLASSES
	2:00pm							



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Group Exercise Timetable



30TH DEC 2024 –
5TH JAN 2025

		Mon 30th	Tue 31st	Wed 1st	Thu 2nd	Fri 3rd	Sat 4th	Sun 5th
Group Exercise	6:00am	HIIT		NO CLASSES		HIIT		
	9:30am	SUPER SENIORS	SUPER SENIORS		SUPER SENIORS	SUPER SENIORS		
	12:00pm	HIIT	HIIT		HIIT	HIIT		

		Mon 30th	Tue 31st	Wed 1st	Thu 2nd	Fri 3rd	Sat 4th	Sun 5th
Pool	7:00am			NO CLASSES				
	2:00pm	AQUA AEROBICS	AQUA AEROBICS		AQUA AEROBICS			



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