

# CHRISTMAS GROUP FITNESS TIMETABLE - WEEK 1

## INSTRUCTOR-LED CLASSES

MON 22	TUE 23	WED 24	THU 25	FRI 26	SAT 27	SUN 28
<b>8:00AM</b> FUNCTIONAL			PUBLIC HOLIDAY	PUBLIC HOLIDAY		
<b>10:30AM</b> BODY BALANCE	<b>9:30AM</b> MAT PILATES	<b>9:30AM</b> BODY PUMP			<b>7:30AM</b> RPM	<b>9:30AM</b> PUMP
<b>11:30AM</b> DANCE	<b>12:30 PM</b> YOGA	<b>10:30AM</b> YOGA HATHA	CHRISTMAS DAY CLOSED		<b>9:00AM</b> FUNCTIONAL	<b>10:30AM</b> BODY BALANCE
<b>6:30PM</b> MAT PILATES	<b>6:30PM</b> BODY STEP	<b>11:30AM</b> ZUMBA GOLD			<b>11:30AM</b> BODY STEP	

## LES MILLS VIRTUAL CLASSES

ACCESS CODE - 3155

# LEISUREWORKS

**knox** Leisureworks  
Aquatic and Recreation Centre



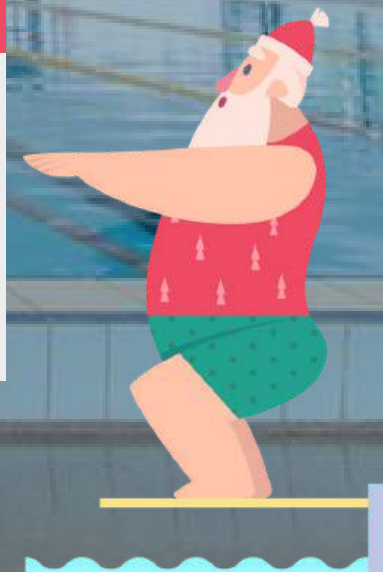
# CHRISTMAS GROUP FITNESS TIMETABLE - WEEK 1

## AQUATIC CLASSES

MON 22	TUE 23	WED 24	THU 25	FRI 26	SAT 27
<b>8:00AM</b> AQUA AEROBICS  <b>9:00AM</b> AQUA AEROBICS  <b>10:00AM</b> AQUA AEROBICS  <b>11:15AM</b> AQUA FLOW  <b>6:30PM</b> DEEP WATER RUNNING	<b>8:00AM</b> GENTAL AQUA	<b>7:00AM</b> AQUA AEROBICS  <b>8:00AM</b> AQUA AEROBICS	PUBLIC HOLIDAY   CHRISTMAS DAY CLOSED	PUBLIC HOLIDAY   <b>9:00AM</b> AQUA AEROBICS  <b>10:00AM</b> AQUA AEROBICS	<b>7:00AM</b> AQUA AEROBICS  <b>8:00AM</b> AQUA AEROBICS

## REFORMER CLASSES

MON 22	TUE 23	WED 24	THU 25	FRI 26	SAT 27
<b>7:00AM</b>  <b>9:30AM</b>  <b>5:30PM</b>  <b>6:30PM</b>	<b>8:00AM</b>  <b>9:30AM</b>	<b>9:30AM</b>	PUBLIC HOLIDAY   CHRISTMAS DAY CLOSED	PUBLIC HOLIDAY	



# CHRISTMAS GROUP FITNESS TIMETABLE - WEEK 2

## INSTRUCTOR-LED CLASSES

MON 29	TUE 30	WED 31	THU 1	FRI 2	SAT 3	SUN 4
8:00AM FUNCTIONAL			PUBLIC HOLIDAY			
8:00AM SNR CYCLE				8:00AM FUNCTIONAL	7:30AM RPM	
10:30AM BODY BALANCE	9:30AM MAT PILATES	9:30AM BODY PUMP		9:30AM BODY PUMP	9:00AM FUNCTIONAL	9:30AM PUMP
11:30AM DANCE	12:30PM YOGA HATHA	10:30AM YOGA HATHA		10:30AM BODY BALANCE	10:30AM BODY STEP	10:30AM BODY BALANCE
6:30PM MAT PILATES					11:30AM BODY BALANCE	

**LES MILLS VIRTUAL CLASSES**  
**ACCESS CODE - 3155**

**LEISUREWORKS**

**knox** Leisureworks  
Aquatic and Recreation Centre



# CHRISTMAS GROUP FITNESS TIMETABLE - WEEK 2

## AQUATIC CLASSES

MON 29	TUE 30	WED 31	THU 1	FRI 2	SAT 3
<b>8:00AM</b> AQUA AEROBICS  <b>9:00AM</b> AQUA AEROBICS  <b>10:00AM</b> AQUA AEROBICS  <b>11:15AM</b> AQUA FLOW	<b>9:00AM</b> AQUA AEROBICS  <b>10:00AM</b> DEEP WATER	<b>7:00AM</b> AQUA AEROBICS  <b>8:00AM</b> AQUA AEROBICS  <b>9:00AM</b> AQUA AEROBICS	PUBLIC HOLIDAY  <b>9:00AM</b> AQUA AEROBICS  <b>10:00AM</b> AQUA AEROBICS	<b>8:00AM</b> AQUA AEROBICS  <b>9:00AM</b> AQUA AEROBICS  <b>10:00AM</b> AQUA AEROBICS	<b>7:00AM</b> AQUA AEROBICS  <b>8:00AM</b> AQUA AEROBICS

## REFORMER CLASSES

MON 29	TUE 30	WED 31	THU 1	FRI 2	SAT 3
<b>9:30AM</b>  <b>10:30AM</b>  <b>5:30PM</b>	<b>9:30AM</b>  <b>10:30AM</b>	<b>9:30AM</b>  <b>10:30AM</b>	PUBLIC HOLIDAY  <b>9:30AM</b>  <b>10:30AM</b>	<b>9:30AM</b>  <b>10:30AM</b>	<b>8:30AM</b>  <b>9:30AM</b>



# CHRISTMAS GROUP FITNESS TIMETABLE – WEEK 3

## INSTRUCTOR-LED CLASSES

MON 5	TUE 6	WED 7	THU 8	FRI 9	SAT 10	SUN 11
8:00AM FUNCTIONAL		9:30AM BODY PUMP			7:30AM RPM	
8:00AM SNR CYCLE	8:30AM MAT PILATES	10:30AM YOGA HATHA	9:30AM CORE	8:00AM FUNCTIONAL	8:00AM FUNCTIONAL	9:30AM PUMP
10:30AM BODY BALANCE	9:30AM MAT PILATES	6:00PM FUNCTIONAL	10:30AM FEELING FIT	9:30AM BODY PUMP	10:30AM BODY STEP	10:30AM BODY BALANCE
11:30AM DANCE	12:30PM YOGA HATHA	7:45PM PILATES	11:30AM MINDFUL MOVEMENT	10:30AM BODY BALANCE	11:30AM BODY BALANCE	
6:30PM MAT PILATES						

**LES MILLS VIRTUAL CLASSES**  
**ACCESS CODE – 3155**

**LEISUREWORKS**

**knox** Leisureworks  
Aquatic and Recreation Centre





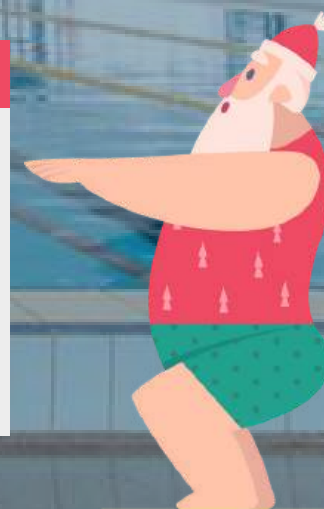
# CHRISTMAS GROUP FITNESS TIMETABLE - WEEK 3

## AQUATIC CLASSES

MON 5	TUE 6	WED 7	THU 8	FRI 9	SAT 10
<b>8:00AM</b> AQUA AEROBICS  <b>9:00AM</b> AQUA AEROBICS  <b>10:00AM</b> AQUA AEROBICS  <b>11:15AM</b> AQUA FLOW  <b>6:30PM</b> DEEP WATER RUNNING	   <b>9:00AM</b> AQUA AEROBICS  <b>10:00AM</b> DEEP WATER	<b>7:00AM</b> AQUA AEROBICS  <b>8:00AM</b> AQUA AEROBICS  <b>9:00AM</b> AQUA AEROBICS  <b>6:30PM</b> AQUA AEROBICS	   <b>8:00AM</b> GENTLE AQUA  <b>9:00AM</b> AQUA AEROBICS  <b>6:30PM</b> AQUA AEROBICS	<b>7:00AM</b> AQUA AEROBICS  <b>8:00AM</b> AQUA AEROBICS  <b>9:00AM</b> AQUA AEROBICS  <b>10:00AM</b> AQUA AEROBICS	   <b>7:00AM</b> AQUA AEROBICS  <b>8:00AM</b> AQUA AEROBICS

## REFORMER CLASSES

MON 5	TUE 6	WED 7	THU 8	FRI 9	SAT 10
<b>9:30AM</b>  <b>10:30AM</b>  <b>5:30PM</b>  <b>6:30PM</b>	<b>7:00AM</b>  <b>9:30AM</b>  <b>5:30PM</b>  <b>6:30PM</b>	  <b>7:00AM</b>  <b>9:30AM</b>	  <b>8:00AM</b>  <b>9:30AM</b>  <b>5:30PM</b>	  <b>8:00AM</b>  <b>9:30AM</b>  <b>6:30PM</b>	  <b>7:30AM</b>  <b>8:30AM</b>  <b>9:30AM</b>



# CHRISTMAS GROUP FITNESS TIMETABLE – WEEK 4

## INSTRUCTOR-LED CLASSES

MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17	SUN 18
8:00AM FUNCTIONAL		9:30AM BODY PUMP	9:30AM CORE	8:00AM FUNCTIONAL	7:30AM RPM	
8:00AM SNR CYCLE	8:30AM MAT PILATES		10:30AM FEELING FIT	9:30AM BODY PUMP	9:00AM FUNCTIONAL	9:30AM PUMP
10:30AM BODY BALANCE	9:30AM MAT PILATES	10:30AM YOGA HATHA	11:30AM MINDFUL MOVEMENT	10:30AM BODY BALANCE	10:30AM BODY STEP	10:30AM BODY BALANCE
11:30AM DANCE	12:30PM YOGA HATHA	6:00PM FUNCTIONAL	6:00PM BODY PUMP	5:30PM BOXING	11:30AM BODY BALANCE	
6:30PM MAT PILATES		7:45PM PILATES				

**LES MILLS VIRTUAL CLASSES**  
**ACCESS CODE – 3155**

**LEISUREWORKS**

**knox** Leisureworks  
Aquatic and Recreation Centre



# CHRISTMAS GROUP FITNESS TIMETABLE - WEEK 4

## AQUATIC CLASSES

MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
8:00AM AQUA AEROBICS		7:00AM AQUA AEROBICS		7:00AM AQUA AEROBICS	
9:00AM AQUA AEROBICS	9:00AM AQUA AEROBICS	8:00AM AQUA AEROBICS	8:00AM GENTLE AQUA	8:00AM AQUA AEROBICS	7:00AM AQUA AEROBICS
10:00AM AQUA AEROBICS	10:00AM AQUA AEROBICS	9:00AM AQUA AEROBICS	9:00AM AQUA AEROBICS	9:00AM AQUA AEROBICS	8:00AM AQUA AEROBICS
11:15AM AQUA FLOW		10:00AM AQUA AEROBICS		11:15AM GENTLE AQUA	
6:30PM DEEP WATER RUNNING		6:30PM AQUA AEROBICS	6:30PM AQUA AEROBICS	10:00AM AQUA AEROBICS	

## REFORMER CLASSES

MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
6:00AM	7:00AM	6:00AM	6:00AM	7:00AM	7:30AM
7:00AM	9:30AM	7:00AM	7:00AM	9:30AM	8:30AM
9:30AM	5:30PM	9:30AM	9:30AM	6:30PM	9:30AM
5:30PM	6:30PM	5:30PM	6:30PM		
6:30PM		6:30PM			





# CHRISTMAS GROUP FITNESS TIMETABLE - WEEK 5

## INSTRUCTOR-LED CLASSES

MON 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24	SUN 25
8:00AM FUNCTIONAL			9:30AM CORE	8:00AM FUNCTIONAL	7:30AM RPM	
8:00AM SNR CYCLE	8:30AM MAT PILATES	9:30AM BODY PUMP	10:30AM FEELING FIT	9:30AM BODY PUMP	9:00AM FUNCTIONAL	9:30AM PUMP
10:30AM BODY BALANCE	9:30AM MAT PILATES	10:30AM YOGA HATHA	11:30AM MINDFUL MOVEMENT	10:30AM BODY BALANCE	10:30AM BODY STEP	10:30AM BODY BALANCE
11:30AM DANCE	12:30PM YOGA HATHA	6:00PM FUNCTIONAL	6:00PM BODY PUMP	5:30PM BOXING	11:30AM BODY BALANCE	
6:30PM MAT PILATES		7:45PM PILATES				

**LES MILLS VIRTUAL CLASSES**  
**ACCESS CODE - 3155**

**LEISUREWORKS**

**knox** Leisureworks  
Aquatic and Recreation Centre



# CHRISTMAS GROUP FITNESS TIMETABLE - WEEK 5

## AQUATIC CLASSES

MON 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24
8:00AM AQUA AEROBICS		7:00AM AQUA AEROBICS	8:00AM GENTLE AQUA	7:00AM AQUA AEROBICS	
9:00AM AQUA AEROBICS	9:00AM AQUA AEROBICS	8:00AM AQUA AEROBICS	9:00AM AQUA AEROBICS	8:00AM AQUA AEROBICS	7:00AM AQUA AEROBICS
10:00AM AQUA AEROBICS	10:00AM AQUA AEROBICS	9:00AM AQUA AEROBICS	10:00AM AQUA AEROBICS	9:00AM AQUA AEROBICS	8:00AM AQUA AEROBICS
11:15AM AQUA FLOW		10:00AM AQUA AEROBICS	6:30PM AQUA AEROBICS	11:15AM GENTLE AQUA	
6:30PM DEEP WATER RUNNING		6:30PM AQUA AEROBICS		10:00AM AQUA AEROBICS	

## REFORMER CLASSES

MON 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24
6:00AM	7:00AM	6:00AM	6:00AM	7:00AM	7:30AM
7:00AM	9:00AM	7:00AM	7:00AM	9:00AM	8:30AM
9:00AM	5:30PM	9:00AM	9:00AM	6:30PM	9:30AM
5:30PM	6:30PM	5:30PM	6:30PM		
6:30PM		6:30PM			

