

***Revised Timetable
(17.12.25)**

CHRISTMAS GROUP FITNESS TIMETABLE - WEEK 1

INSTRUCTOR-LED CLASSES

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

LES MILLS VIRTUAL CLASSES

ACCESS CODE - 3155

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CHRISTMAS GROUP FITNESS TIMETABLE - WEEK 1

AQUATIC CLASSES

MON 22	TUE 23	WED 24	THU 25	FRI 26	SAT 27
8:00AM AQUA AEROBICS			PUBLIC HOLIDAY	PUBLIC HOLIDAY	
9:00AM AQUA AEROBICS		7:00AM AQUA AEROBICS	CHRISTMAS DAY CLOSED	9:00AM AQUA AEROBICS	7:00AM AQUA AEROBICS
10:00AM AQUA AEROBICS	8:00AM GENTLE AQUA	8:00AM AQUA AEROBICS		10:00AM AQUA AEROBICS	8:00AM AQUA AEROBICS
11:15AM AQUA FLOW					

REFORMER CLASSES

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



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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			
7:45AM SNR CYCLE	9:30AM MAT PILATES	9:30AM BODY PUMP		8:00AM FUNCTIONAL	7:30AM RPM	9:30AM PUMP
10:30AM BODY BALANCE	12:30PM YOGA HATHA	10:30AM YOGA HATHA		9:30AM BODY PUMP	9:00AM FUNCTIONAL	10:30AM BODY BALANCE
11:30AM DANCE				10:30AM SNR STRENGTH	10:30AM BODY STEP	
6:30PM MAT PILATES					11:30AM BODY BALANCE	

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CHRISTMAS GROUP FITNESS TIMETABLE - WEEK 2

AQUATIC CLASSES

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

REFORMER CLASSES

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



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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 SNR STRENGTH	11:30AM BODY BALANCE	
6:30PM MAT PILATES						

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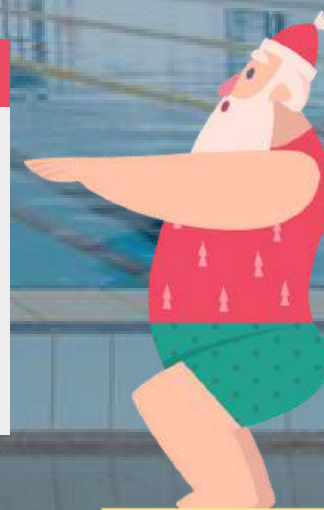
CHRISTMAS GROUP FITNESS TIMETABLE - WEEK 3

AQUATIC CLASSES

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

REFORMER CLASSES

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



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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 CORE		7:30AM RPM	
8:00AM SNR CYCLE	8:30AM MAT PILATES	9:30AM BODY PUMP	10:30AM FEELING FIT	8:00AM FUNCTIONAL	9:00AM FUNCTIONAL	9:30AM PUMP
10:30AM BODY BALANCE	9:30AM MAT PILATES	10:30AM YOGA HATHA	11:30AM MINDFUL MOVEMENT	9:30AM BODY PUMP	10:30AM BODY STEP	10:30AM BODY BALANCE
11:30AM DANCE	12:30PM YOGA HATHA	6:00PM FUNCTIONAL	6:00PM BODY PUMP	10:30AM SNR STRENGTH	11:30AM BODY BALANCE	
6:30PM MAT PILATES		7:45PM PILATES	5:30PM BOXING			

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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	6:30PM AQUA AEROBICS	11:15AM GENTLE AQUA	
		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			



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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		7:30AM RPM	
8:00AM SNR CYCLE	8:30AM MAT PILATES	9:30AM BODY PUMP	10:30AM FEELING FIT	8:00AM FUNCTIONAL	9:00AM FUNCTIONAL	9:30AM PUMP
10:30AM BODY BALANCE	9:30AM MAT PILATES	10:30AM YOGA HATHA	11:30AM MINDFUL MOVEMENT	10:30AM SNR STRENGTH	10:30AM BODY STEP	10:30AM BODY BALANCE
11:30AM DANCE	12:30PM YOGA HATHA	6:00PM FUNCTIONAL	5:30PM BOXING		11:30AM BODY BALANCE	
6:30PM MAT PILATES		7:45PM PILATES	6:00PM BODY PUMP			

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CHRISTMAS GROUP FITNESS TIMETABLE - WEEK 5

AQUATIC CLASSES

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

