**Christmas 2023 Group Fitness Timetable**

**Monday 18th December 2023 – Saturday 23rd December 2023**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **START TIME** | **MONDAY**  **18th Dec** | **TUESDAY**  **19th Dec** | **WEDNESDAY**  **20th Dec** | **THURSDAY**  **21st Dec** | **FRIDAY**  **22nd Dec** | **SATURDAY**  **23rd Dec** |
| **7.00am** |  |  |  | REFORMER PILATES | YOGA |  |
| **8.00am** | CARDIO AND CORE |  |  |  |  |  |
| **8.30am** | ACTIVE ALL STARS | ACTIVE ALL STARS | ACTIVE EASY START | ACTIVE ALL STARS | ACTIVE ALL STARS | HITT 60 |
| **9.00am** |  |  | ULTRAFIT |  | CARDIO AND CORE | ABS BLAST 9:15AM |
| **9.30am** | BOOTCAMP | ULTRAFIT |  | SG WEIGHT TRAINING | BODYPUMP | BODYBALANCE |
| **9.45am** | REFORMER PILATES |  |  |  |  |  |
| **5.30pm** | BOOTCAMP | BODYPUMP | HIGH PERFORMANCE SPIN | ULTRAFIT |  |  |
| **5.30pm** | REFORMER PILATES |  | ULTRAFIT |  |  |  |
| **6.15pm** | BODYPUMP | ULTRAFIT |  |  | BODYBALANCE |  |
| **6.15pm** | HIGH PERFORMANCE SPIN |  |  |  |  |  |

**Christmas 2023 Group Fitness Timetable**

**Monday 25th December 2023 – Saturday 30th December 2023**

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| **START TIME** | **MONDAY**  **25th Dec** | **TUESDAY**  **26th Dec** | **WEDNESDAY**  **27th Dec** | **THURSDAY**  **28th Dec** | **FRIDAY**  **29th Dec** | **SATURDAY 30th Dec** |
| **8.30am** | Merry christmas Vectors & Illustrations for Free Download ... | | ACTIVE EASY START | ACTIVE ALL STARS | ACTIVE ALL STARS | HIIT 60 |
| **9.00am** |  | HIGH PERFORMANCE SPIN | CARDIO AND CORE | ABS BLAST 9:15AM |
| **9.30am** | ULTRAFIT | SG WEIGHT TRAINING | BODYPUMP | BODYBALANCE |

**Christmas 2023 Group Fitness Timetable**

**Monday 1st January 2024 – Saturday 6th January 2024**

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| --- | --- | --- | --- | --- | --- | --- |
| **START TIME** | **MONDAY**  **1st Jan** | **TUESDAY**  **2nd Jan** | **WEDNESDAY**  **3rd Jan** | **THURSDAY**  **4th Jan** | **FRIDAY**  **5th Jan** | **SATURDAY 6th Jan** |
| **7.00am** | Public Holiday  24hr access only |  |  | REFORMER PILATES | YOGA |  |
| **8.30am** | ACTIVE ALL STARS | ACTIVE EASY START | ACTIVE ALL STARS | ACTIVE ALL STARS | HIIT 60 |
| **9.00am** |  | ULTRAFIT | HIGH PERFORMANCE SPIN | CARDIO AND CORE | ABS BLAST 9:15AM |
| **9.30am** | ULTRAFIT |  | SG WEIGHT TRAINING | BODYPUMP | BODYBALANCE |
| **5.30pm** | BODYPUMP | HIGH PERFORMANCE SPIN | ULTRAFIT |  |  |