

Lake Haven Recreation Centre

Group Fitness Christmas Timetable 23/12/2024 - 3/1/2025



Lake Haven Recreation Centre

Christmas 2024 Group Fitness Timetable – Lake Haven Recreation Centre

Access to group fitness classes outside centre staffed hours is for 24 hour access members only - see reception to purchase a 24 hour access tag

Centre Staffed Hours	Mon 23 Dec 6am-6pm	Tues 24 Dec 6am-12pm	Wed 25 Dec	Thu 26 Dec	Fri 27 Dec 8am-6pm	Sat 28 Dec 8am-4pm	Sun 29 Dec
7.00am	REFORMER PILATES						
8.00am	CARDIO & CORE						
8.30am	ACTIVE OVER 50s	ACTIVE OVER 50s			ACTIVE OVER 50s	HITT 60	
9.00am						AB BLAST	
9.30am		ULTRAFIT			CARDIO & CORE		
9.45am	REFORMER PILATES						
10.30am	BODY BALANCE					BODY BALANCE	

Centre Staffed Hours	Mon 30 Dec 8am-6pm	Tues 31 Dec 8am-12pm	Wed 1 Jan	Thu 2 Jan 8am-6pm	Fri 3 Jan 8am-6pm	Sat 4 Jan 8am-4pm	Sun 5 Jan
8.30am	ACTIVE OVER 50s	REFORMER PILATES		ACTIVE OVER 50s	ACTIVE OVER 50s	HITT 60	
9.00am						AB BLAST	
9.30am	ULTRAFIT	ULTRAFIT		SPIN	CARDIO & CORE		
9.45am	REFORMER PILATES						
10.30am	BODY BALANCE					BODY BALANCE	
5.00pm				REFORMER PILATES	REFORMER PILATES		