

MARC Festive Period Group Fitness timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
	Dec 18	Dec 19	Dec 20	Dec 21	Dec 22	Dec 23	Dec 24						
Week 1	Classes as normal	Classes as normal	Classes as normal	Classes as normal	6am	Sunrise Yoga - 6	8am	Spin - 2	9am	Body Balance - 1			
					6am	Body Pump - 1	8.15am	Aqua - 5					
					8.15am	Aqua - 5	8.30am	Circuit - 1					
					9am	Zen Yoga - 7	8.30am	Yoga - 7					
					9am	Swot Box - 3	9.15am	Body Pump - 1					
					9.15am	Christmas Medley - 1							
					9.15am	Spin - 2							
					10.25am	Zen Yoga - 7							
Dec 25	Dec 26	Dec 27	Dec 28	Dec 29	Dec 30	Dec 31							
Week 2	Closed	Closed	7am	Chair Yoga - 7	8am	Body Pump - 2	8.15am	Aqua - 5	8.15am	Aqua - 5	9am	Body Balance - 2	
			8.15am	Aqua - 5	8.15am	Aqua - 5	9am	Zen Yoga - 7	8.30am	Circuit - 3			
			9am	Swot Box - 3	9am	Chair Yoga - 7	9am	Circuit - 3	8.30am	Hatha Yoga - 7			
			9am	Body Pump - 2	9.15am	Aqua Max - 5	9am	Tone Up - 2	9.00am	Body Pump - 2			
			9.15am	Aqua - 5	9.30am	Spin - 2	9.30am	Spin - 2					
			10.15am	Body Balance - 2			10.25am	Zen Yoga - 7					
Jan 1	Jan 2	Jan 3	Jan 4	Jan 5	Jan 6	Jan 7							
Week 3	Closed	8am	Body Pump - 1	6am	Circuit - 1	5.45am	Meta Fit - 1	6am	Pump - 1	7.45am	Meta - 1	9am	Body Balance - 1
		8.15am	Senior's Circuit - 9	7am	Chair Yoga - 7	7am	Spin - 2	8am	Boomers - 1	8am	Spin - 2		
		8.15am	Aqua - 5	8.15am	Aqua - 5	8am	Body Pump - 1	8.15am	Aqua - 5	8.15am	Aqua - 5		
		9am	Hatha Yoga - 7	9am	Swot Box - 3	8.15am	Senior's Circuit - 8	9am	Zen Yoga - 7	8.30am	Zen Yoga - 7		
		9.15am	Aqua Max - 7	9.15am	Body Step - 1	8.15am	Aqua - 5	9am	Swot Box - 3	8.30am	Pump - 1		
		9.15am	Spin - 2	9.15am	Aqua - 5	9am	Zen Chair Yoga - 7	9.15am	Body Step/Pump - 1	8.30am	Circuit - 3		
		9.15am	Body Attack/Pump - 1	10.25am	Body Balance - 1	9.15am	Aqua Max - 5	9.15am	Spin - 2	9.15am	Booty Builder - 2		
		10.25am	Zumba - 1	5.30pm	Spin - 2	9.15am	Body Attack - 1	9.15am	Aqua - 5	9.15am	Body Step - 1		
		5pm	Tone Up - 2	6pm	Booty Builder - 2	9.30am	Spin - 2	10.25am	Zen Yoga - 7				
		5.30pm	Spin - 2	6pm	Yoga - 7	10.25am	Zumba - 1						
		5.30pm	Body Step - 1			5.30pm	Zumba - 1						
		6pm	Restorative Yoga - 7	Class Locations		2.	Studio 2	4.	Gym	6.	Yoga Studio	8.	Stadium Court 1
		6.30pm	Body Balance - 1	1. Studio 1		3.	Outdoor Gym	5.	Pools	7.	Swim Club Rooms	9.	Show Court 1

