

MARC Festive Period Group Fitness timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Dec 16	Dec 17	Dec 18	Dec 19	Dec 20	Dec 21	Dec 22
Week 1	Classes as normal	Classes as normal 12.30pm HeartFit Christmas. <i>Bring a plate to share</i>	Classes as normal Last Boomers class for 2024	Classes as normal Last Zumba & HeartFit classes for 2024	Classes as normal, except: 8:15am Aqua Christmas - 6 9:15am Body Step 60 - 1 (9.15 Aqua Zumba & 9.45 Body Pump 30 will not be running today)	8.00am Christmas Medley 90 - 1 8.00am Spin 45 - 2 8.15am Aqua - 6 8.30am Circuit - 3 8.30am Zen Yoga - 7 9.45am Rollout Massage - 7	9.00am Body Balance - 1
	Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28	Dec 29
Week 2	8.15am Aqua - 6	8.15am Aqua - 6	Closed	Closed	8.15am Aqua - 5	8.15am Aqua - 6	9.00am Body Balance - 2
	8.15am Spin - 2	8.15am Spin - 2			8.15am Spin - 2	8.30am Zen Yoga - 7	9.00am Body Balance - 1
	8.45am Restorative Yoga - 7	9.00am Hatha Yoga - 7			9.00am Zen Yoga - 7	9.00am Circuit - 3	
	9.00am Circuit - 3	9.00am Circuit - 3			9.00am Circuit - 3	9.45am Rollout Massage - 7	
	9.15am Aqua - 5	9.15am Aqua Max - 5			9.00am Spin - 2	9.00am Body Balance - 1	
	9.15am Body Pump - 1	9.15am Body Step - 1			10.25am Body Balance - 2		
	10.25am Body Balance - 1	10.25am ABT - 1			10.25am Zen Yoga - 7		
	10.25am Restorative Yoga - 7						
5.00pm Yoga Flow - 7							
Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4		Jan 5
8.15am Aqua - 6	8.15am Aqua - 6	Closed	8.15am Aqua - 6	6.00am Spin - 2	7.45am Spin - 2		9.00am Body Balance - 1
8.15am Spin - 2	8.15am Spin - 2		8.30am Spin - 2	6.30am Core - 2	8.15am Aqua - 6		
8.45am Restorative Yoga - 7	9.00am Hatha Yoga - 7		9.00am Hatha Yoga - 7	8.15am Aqua - 5	8.30am Hatha Yoga - 7		
9.00am Circuit - 3	9.00am Circuit - 3		9.00am Circuit - 3	9.00am Zen Yoga - 7	8.30am Circuit - 3		
9.15am Aqua - 5	9.15am Aqua Max - 5		9.15am Aqua Max - 5	9.00am Circuit - 3	8.30am Body Pump - 2		
9.15am Body Pump - 2	9.15am Body Pump - 2		9.15am Body Pump 30 - 2	9.15am Spin - 2	9.15am Booty - 2		
10.25am Body Balance - 2	10.25am Body Balance - 2		9.45am ABT - 2	9.45am Tone Up - 2			
10.25am Restorative Yoga - 7				10.25am Zen Yoga - 7			
5.00pm Yoga Flow - 7							

Class Locations

- 1. Studio 1
- 2. Studio 2

- 3. Outdoor Gym
- 5. Outdoor Pool

- 6. Indoor Pool
- 7. Swim Club Rooms

