

# Labour Day Long Weekend

## Centre opening hours

	Saturday 28 February	Sunday 1 March	Monday 2 March
Centre	6.30am - 6.00pm	7.30am - 6.00pm	7.30am - 4.00pm
Gym	6.30am - 5.30pm	7.30am - 5.30pm	7.30am - 4.00pm
Creche	7.30am - 11.30am	Closed	Closed
Cafe	7.30am - 4.00pm	7.30am - 4.00pm	Closed

## Group fitness timetable

	Saturday 28 February	Sunday 1 March	Monday 2 March
7.45am	1 <b>metafit™</b>		
8.00am	2 <b>SPIN<sub>45</sub></b>		
8.15am	5 <b>AQUA</b>		5 <b>AQUA</b>
8.30am	1 <b>LES MILLS BODYPUMP 30</b> 3 <b>CIRCUIT<sub>45</sub></b> 8 <b>YIN YOGA</b>		2 <b>SPIN<sub>45</sub></b>
9.00am		1 <b>LES MILLS BODYBALANCE</b>	
9.15am	1 <b>LES MILLS BODYSTEP 45</b> 2 <b>Pilates BANDS 30</b>		1 <b>LES MILLS BODYSTEP 30</b>
9.45am	8 <b>ROLLOUT MASSAGE</b>		1 <b>LES MILLS BODYPUMP 30</b>
10.25am			1 <b>LES MILLS BODYBALANCE</b>

### Class Locations:

- |                |                          |                     |
|----------------|--------------------------|---------------------|
| 1. Studio 1    | 4. Creche                | 8. Club Rooms       |
| 2. Studio 2    | 5. Indoor Pool           | 9. Show Court 1     |
| 3. Outdoor Gym | 6. Outdoor 50m - Shallow | 10. Stadium Court 1 |
|                | 7. Outdoor 50m - deep    | 11. Squash Court 3  |

