

GOOD FRIDAY, MARCH 29

FACILITY CLOSED

EASTER SATURDAY, MARCH 30

8AM - 4PM

SEE OVERLEAF FOR GROUP FITNESS TIMETABLE
NO SWIMMING LESSONS

EASTER SUNDAY, MARCH 31

8AM - 4PM

SEE OVERLEAF FOR GROUP FITNESS TIMETABLE
NO SWIMMING LESSONS

EASTER MONDAY, APRIL 1

8AM - 4PM

SEE OVERLEAF FOR GROUP FITNESS TIMETABLE
NO SWIMMING LESSONS

GROUP FITNESS TIMETABLE

PUBLIC HOLIDAY

SATURDAY 30 MARCH

FACILITY OPERATIONAL HOURS
8AM- 4PM

MULTI PURPOSE STUDIO

9.15AM YOGA (VINYASA)
10.15AM YOGA (YIN)

REFORMER STUDIO

8.15AM REFORMER INTERMEDIATE
9.15AM REFORMER
10.15AM REFORMER (VIRTUAL)
11.15AM REFORMER (VIRTUAL)
1.30PM REFORMER (VIRTUAL)

GROUP FITNESS STUDIO

8.30AM BODY PUMP
9.30AM CORE & MORE

AQUA

8.30AM WARM AQUA
9.30AM AQUA FLOW
10.30AM WARM AQUA

CYCLE STUDIO

9.15AM RPM

CONNECT30 - GYM FLOOR

9.15AM C30 AEROBIC

GROUP FITNESS TIMETABLE

PUBLIC HOLIDAY

SUNDAY 31 MARCH

FACILITY OPERATIONAL HOURS
8AM- 4PM

AQUA

8.30AM	AQUA DEEP
9.30AM	AQUA DEEP
10.30AM	AQUA FLOW

CYCLE STUDIO

9.15AM	SPIN
12.15PM	RPM (VIRTUAL)

REFORMER STUDIO

8.15AM	REFORMER (VIRTUAL)
10.15AM	REFORMER (VIRTUAL)
12.15PM	REFORMER (VIRTUAL)
2.30PM	REFORMER (VIRTUAL)

GROUP FITNESS STUDIO

8.15AM	STRENGTH & CORE
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GROUP FITNESS TIMETABLE

PUBLIC HOLIDAY

MONDAY 1 APRIL

FACILITY OPERATIONAL HOURS
8AM- 4PM

MULTI PURPOSE STUDIO

8.05AM YOGA (GENTLE FLOW)
9.15AM YOGA (POWER FLOW)

REFORMER STUDIO

8.15AM REFORMER (VIRTUAL)
12.15PM REFORMER (VIRTUAL)
2.30PM REFORMER (VIRTUAL)

GROUP FITNESS STUDIO

8.15AM SENIORS CIRCUIT
10.30AM SENIORS CIRCUIT
11.30AM STAY ON YOUR FEET - ENTRY
12.30PM BODY PUMP (VIRTUAL)

AQUA

8.30AM AQUA DEEP
9.30AM AQUA MOVERS
10.45AM AQUA MOVERS
11.45AM AQUA FLOW

CYCLE STUDIO

9.15AM SPIN
10.15AM RPM (VIRTUAL)

CONNECT30 - GYM FLOOR

12.00PM C30 AEROBIC