

**GOOD FRIDAY, APRIL 18**

**FACILITY CLOSED**

**EASTER SATURDAY, APRIL 19**

**8AM - 4PM**

SEE OVERLEAF FOR GROUP FITNESS TIMETABLE  
NO SWIMMING LESSONS

**EASTER SUNDAY, APRIL 20**

**8AM - 4PM**

SEE OVERLEAF FOR GROUP FITNESS TIMETABLE  
NO SWIMMING LESSONS

**EASTER MONDAY, APRIL 21**

**8AM - 4PM**

SEE OVERLEAF FOR GROUP FITNESS TIMETABLE  
NO SWIMMING LESSONS

**ANZAC DAY, APRIL 25**

**1PM - 4PM**

NO GROUP FITNESS CLASSES  
NO SWIMMING LESSONS

# GROUP FITNESS TIMETABLE

## PUBLIC HOLIDAY

### SATURDAY 19 APRIL

FACILITY OPERATIONAL HOURS  
**8AM- 4PM**

## REFORMER STUDIO

8:15AM	REFORMER PILATES (INTERMEDIATE)
9:15AM	REFORMER PILATES
10:15AM	REFORMER PILATES (VIRTUAL)
11:15AM	REFORMER PILATES (VIRTUAL)
1:30 PM	REFORMER PILATES (VIRTUAL)

## MULTI PURPOSE STUDIO

8:15AM	YOGA (VINYASA)
9:15AM	YOGA (YIN)
10:30AM	MEDITATION

## AQUA

8:30AM	WARM AQUA
9:30AM	AQUA FLOW
10:30AM	WARM AQUA

# GROUP FITNESS TIMETABLE

## PUBLIC HOLIDAY

### SATURDAY 19 APRIL

FACILITY OPERATIONAL HOURS  
**8AM- 4PM**

#### GROUP FITNESS STUDIO

8:15AM      BODY PUMP  
9:30AM      CORE & MORE  
11:30AM     STRETCH & MOBILITY

#### CYCLE STUDIO

9:15AM      RPM (VIRTUAL)  
10:15AM     SPIN

#### CONNECT30 - GYM FLOOR

8:30AM      C30 AEROBIC  
9:15AM      C30 AEROBIC

# GROUP FITNESS TIMETABLE

## PUBLIC HOLIDAY

### SUNDAY 20 APRIL

FACILITY OPERATIONAL HOURS

**8AM- 4PM**

## REFORMER STUDIO

10:15AM REFORMER PILATES (VIRTUAL)

12:15PM REFORMER PILATES (VIRTUAL)

2:30 PM REFORMER PILATES (VIRTUAL)

## GROUP FITNESS STUDIO

8:15AM STRENGTH & CORE

## CYCLE STUDIO

9:15AM CYCLE

12:15PM RPM (VIRTUAL)

# GROUP FITNESS TIMETABLE

## PUBLIC HOLIDAY

### MONDAY 21 APRIL

FACILITY OPERATIONAL HOURS  
**8AM- 4PM**

## REFORMER STUDIO

9:15AM REFORMER PILATES  
10:15AM REFORMER PILATES (BEGINNER)  
12:15PM REFORMER PILATES (VIRTUAL)

## MULTI PURPOSE STUDIO

8:05AM YOGA (GENTLE FLOW)  
9:15AM YOGA (POWER FLOW)

## AQUA

8:30AM AQUA DEEP  
9:30AM AQUA MOVERS  
10:45AM AQUA MOVERS  
11:45AM AQUA FLOW

# GROUP FITNESS TIMETABLE

## PUBLIC HOLIDAY

### MONDAY 21 APRIL

FACILITY OPERATIONAL HOURS  
**8AM- 4PM**

#### GROUP FITNESS STUDIO

8:15AM	SENIOR CIRCUIT
9:30AM	THERATONE
10:30AM	SENIOR CIRCUIT
11:30AM	STAY ON YOUR FEET (ENTRY)
12:30PM	PILATES

#### CYCLE STUDIO

9:15AM	CYCLE
10:15AM	RPM (VIRTUAL)

#### CONNECT30 - GYM FLOOR

9:15AM	C30 AEROBIC
12:00PM	C30 AEROBIC