



# XMAS GROUP FITNESS TIMETABLE

## Group Fitness / Peloton / Arena Timetable X-mas 2018/19

X-MAS 2018	17 <sup>th</sup> Dec MON	18 <sup>th</sup> Dec TUE	19 <sup>th</sup> Dec WED	20 <sup>th</sup> Dec THRS	21 <sup>st</sup> Dec FRI		22 <sup>nd</sup> Dec SAT	23 <sup>rd</sup> Dec SUN
6:00am	Peloton	Peloton	Peloton		Peloton	8:30am	Peloton	Yoga
6:00am	Coreflex	Yoga		Coreflex				
9:15am	Yoga			Yoga		9:00am	Impact	
9:30am			Pump		Impact	10:00am	Pump	Zumba
10:30am	Pump				Yoga	11:15am	Yoga	
12:15pm	Peloton	Impact	Peloton	Impact				
						4:30pm		Pump
5:30pm	Athletic Step	Pump	Impact	Pump		5:30pm		Yoga
5:45pm					Zumba			
6:00pm	Peloton		Peloton					
6:30pm	Zumba	Yoga	Pump	Impact				
7:30pm	Yoga	Impact	CoreFlex	Yoga				

X-MAS 2018	24 <sup>th</sup> Dec MON	25 <sup>th</sup> Dec TUE	26 <sup>th</sup> Dec WED	27 <sup>th</sup> Dec THRS	28 <sup>th</sup> Jan FRI		29 <sup>th</sup> Jan SAT	30 <sup>th</sup> Jan SUN
	<b>NO</b>	<b>NO</b>	<b>NO</b>	<b>NO</b>	<b>NO</b>		<b>NO</b>	<b>NO</b>
	<b>CLASSES</b>	<b>CLASSES</b>	<b>CLASSES</b>	<b>CLASSES</b>	<b>CLASSES</b>		<b>CLASSES</b>	<b>CLASSES</b>

X-MAS 2019	31 <sup>st</sup> Jan MON	1 <sup>st</sup> Jan TUE	2 <sup>nd</sup> Jan WED	3 <sup>rd</sup> Jan THRS	4 <sup>th</sup> Jan FRI		5 <sup>th</sup> Jan SAT	6 <sup>th</sup> Jan SUN
	<b>NO</b>	<b>NO</b>	<b>NO</b>	<b>NO</b>	<b>NO</b>		<b>NO</b>	<b>NO</b>
	<b>CLASSES</b>	<b>CLASSES</b>	<b>CLASSES</b>	<b>CLASSES</b>	<b>CLASSES</b>		<b>CLASSES</b>	<b>CLASSES</b>

ARENA Timetable: THURSDAY 3<sup>RD</sup> January 2019 →onwards...

3 <sup>rd</sup> Jan onwards	Mon	Tue	Wed	Thrs	Fri
6:00am	✓	✓	✓	✓	✓
7:00am	✓	✓	✓	✓	✓
1:00pm	✓	✓	✓	✓	✓
5:30pm	✓	✓	✓	✓	-
6:30pm	✓	✓	✓	✓	-

NO ARENA Sessions Saturday 22<sup>nd</sup> Dec 2018 – Sunday 6<sup>th</sup> Jan 2019

**Normal Group Fitness Class Schedule commences 7<sup>th</sup> January 2019**