



**Friday 26 January 2024**

**Public Holiday**

**Group Fitness Timetable**

**Gym hours 6am to 7pm**

<b>TIME</b>	<b>CLASS</b>	<b>WHERE</b>
6:15am	Body Balance	Studio 1
7:15am	Body Combat	Studio 1
8:00am	Shallow Water Aqua	Indoor
8:15am	Kettlebells	Studio 1
10:00am	FIT30 Stretch	Gym Floor
10:15am	Deep Aqua	Outdoor
10:15am	Body Pump	Studio 1
11:30am	Strong Seniors	Studio 1
12:30pm	Seniors Aqua	Indoor
4:30pm	FIT30 CORE	Studio 1