

### AAC Group Fitness Timetable 23<sup>rd</sup> to 29<sup>th</sup> December 2024

	MONDAY 23 <sup>rd</sup>	TUESDAY 24 <sup>th</sup>	WEDNESDAY 25 <sup>th</sup>	THURSDAY 26 <sup>th</sup>	FRIDAY 27 <sup>th</sup>	SATURDAY 28 <sup>th</sup>	SUNDAY 29 <sup>th</sup>
6:15AM			PUBLIC HOLIDAY Gym Closed	PUBLIC HOLIDAY			
7.00AM	SHALLOW AQUA	SHALLOW AQUA		SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA	BODY COMBAT
7.15AM	HCT	POWER PILATES		PILATES	BODY COMBAT	POWER PILATES	
8.00AM	SHALLOW AQUA	SHALLOW AQUA		SHALLOW AQUA	SHALLOW AQUA		YOGA
8.15AM	PILATES	BOXING		BODY BALANCE	KETTLEBELLS	BODY PUMP	
8.30AM	FIT30 HIIT	FIT30 STRETCH & MOBILITY		FIT30 CORE	FIT30 HIIT	FIT30 STRETCH & MOBILITY	FIT30 CORE
9.15AM	BELLY DANCE	ZUMBA		BOXING	PILATES	TAI CHI	BODY PUMP
	DEEP AQUA				DEEP AQUA	ZUMBA	DEEP AQUA
10.00AM	FIT30 CORE	FIT30 HIIT		FIT30 HIIT	FIT30 STRETCH & MOBILITY	FIT30 BOXING	FIT30 STRETCH & MOBILITY
10.15AM	DEEP AQUA	DEEP AQUA		DEEP AQUA	DEEP AQUA	PILATES	BODY BALANCE
	HATHA YOGA	VINYASA YOGA		DANCE	BODY PUMP		
11.30AM	STRONG SENIORS	ACTIVE SENIORS		ACTIVE SENIORS	STRONG SENIORS	BODY COMBAT	
12.00PM		FIT30 SENIORS					
12.30PM	BOXING	SENIORS AQUA		HCT	SENIORS AQUA		
		KETTLEBELLS			HATHA YOGA		
1.30PM	FIT30 SENIORS						
4.00PM						FIT30 CORE	FIT30HIIT
4.30PM	FIT30 STRETCH & MOBILITY				FIT30 CORE		VINYASA YOGA
5.30PM	VINYASA YOGA	PILATES		FUSION YOGA	BELLY DANCE		
6.00PM		FIT30 HIIT		FIT30 HIIT	FIT30 HIIT		
6.30PM	BODY PUMP	Gym closes at 7pm	ZUMBA	YOGA			
7.15PM	SHALLOW AQUA						
7.30PM	ZUMBA			Gym closes at 8pm			

Class bookings are open 5 days and 1 hour before the class start time and cancellations can be made until one hour before the class start time  
 Timetables are subject to change

High Intensity Classes



Dance Based Classes



Mind Body Classes



Aqua Based Classes



FIT30 30min Classes



Seniors Classes



## AAC Group Fitness Timetable 30th December 2024 to 5th January 2025

	MONDAY 30 <sup>th</sup>	TUESDAY 31 <sup>st</sup>	WEDNESDAY 1 <sup>st</sup>	THURSDAY 2 <sup>nd</sup>	FRIDAY 3 <sup>rd</sup>	SATURDAY 4 <sup>th</sup>	SUNDAY 5 <sup>th</sup>
6:15AM			PUBLIC HOLIDAY				
7.00AM	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA	BODY COMBAT
7.15AM	HCT	POWER PILATES	BOXING	PILATES	BODY COMBAT	POWER PILATES	
8.00AM	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA	SHALLOW AQUA		YOGA
8.15AM	PILATES	BOXING	TAI CHI	BODY BALANCE	KETTLEBELLS	BODY PUMP	
8.30AM	FIT30 HIIT	FIT30 STRETCH & MOBILITY	FIT30 BOOTCAMP	FIT30 CORE	FIT30 HIIT	FIT30 STRETCH & MOBILITY	FIT30 CORE
9.15AM	BELLY DANCE	ZUMBA	BODY PUMP	BOXING	PILATES	TAI CHI	BODY PUMP
	DEEP AQUA		DEEP AQUA		DEEP AQUA		DEEP AQUA
10.00AM	FIT30 CORE	FIT30 HIIT	FIT30 CORE	FIT30 HIIT	FIT30 STRETCH & MOBILITY	FIT30 BOXING	FIT30 STRETCH & MOBILITY
10.15AM	DEEP AQUA	DEEP AQUA	DEEP AQUA	DEEP AQUA	DEEP AQUA	PILATES	BODY BALANCE
	HATHA YOGA	VINYASA YOGA	POWER YOGA	DANCE	BODY PUMP		
11.30AM	STRONG SENIORS	ACTIVE SENIORS	STRONG SENIORS	ACTIVE SENIORS	STRONG SENIORS	BODY COMBAT	
12.00PM		FIT30 SENIORS					
12.30PM	BOXING	SENIORS AQUA	DANCE	HCT	SENIORS AQUA		
		KETTLEBELLS			HATHA YOGA		
1.30PM	FIT30 SENIORS		ACTIVE SENIORS				
4.00PM						FIT30 CORE	FIT30HIIT
4.30PM	FIT30 STRETCH & MOBILITY		FIT30 HIIT		FIT30 CORE		VINYASA YOGA
5.30PM	VINYASA YOGA	PILATES	BOXING	FUSION YOGA	BELLY DANCE		
6.00PM		FIT30 HIIT	FIT30 CORE	FIT30 HIIT	FIT30 HIIT		
6.30PM	BODY PUMP	Gym closes at 7pm	BODY PUMP	ZUMBA	YOGA		
7.15PM	SHALLOW AQUA		Gym closes at 8pm	SHALLOW AQUA			
7.30PM	ZUMBA			BODY COMBAT			

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