



**Friday 26 January 2024**

**Public Holiday**

**Health & Fitness Program**

**Gym is open 6am to 7pm**

TIME	CLASS	WHERE
7:30am	Strong Seniors	FTZ- B. S
8:30am	Total Body Seniors	Bayside studio
9:30am	Grit	Bayside Studio
9:30am	Deep Water Aqua	Dive Pool
9:30am	Cycle	FTZ
10:30am	Body Combat	Bayside Studio
12:00pm	Seniors Aqua	Program pool