

## Festive Timetable

22nd December 2025 – 4<sup>th</sup> January 2026

**Staffed Hours:** Monday 22/12 and 29/12: 5am – 12pm and 4pm – 8pm  
 Tuesday 23/12 and 30/12: 5am – 12pm and 4pm – 8pm  
 Wednesday 24/12 and 31/12: 5am – 12pm  
 Thursday 25/12 and 1/1: **CLUB UNSTAFFED**  
 Friday 26/12 and 2/1: **CLUB UNSTAFFED**  
 Saturday 27/12 and 3/1 AND Sunday 28/12 and 4/1: 7am – 6.30pm

**Crèche Hours** Monday to Friday 8:15am – 11:45am and Saturday 7.30am - 11:45am  
**CRÈCHE CLOSED WHEN CLUB UNSTAFFED AND ALL PUBLIC HOLIDAYS**

***Purchase a 24-hour fob  
 for only \$29  
 to access club during unstaffed hours!***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>**Regular Instructors may vary during the festive period**</b>	<b>5:10am SGT METCON (45mins) Mirka/FP</b>					
<b>5.45am Body Pump (1hr) Adam/GFS</b>	<b>5:30am HIIT (30 mins) Hilary/GFS</b>	<b>5.30am (24/12 only) Functional Strength (45mins) Elliott/GFS</b>	<b>MERRY XMAS 25/12 HAPPY NY 1/1  CLUB UNSTAFFED</b>	<b>BOXING DAY 26/12 AND 2/1  CLUB UNSTAFFED</b>	<b>7:15am Les Mills RPM (45mins) Nicole/CS</b>	
<b>5.45am Les Mills RPM (45mins) Donna/CS</b>	<b>5.30am Hot Pilates (45mins) Alex or Peri/YPS</b>	<b>5.45am Les Mills RPM (45mins) Olivia/CS</b>			<b>7:30am SGT PARTNERED METCON (55mins) Mirka/Elliott FP</b>	
<b>8:45am HIIT (30 mins) Adam/GFS</b>	<b>5:45am Les Mills RPM (45mins) Sarah/CS</b>	<b>5.45am Pilates (45mins) Daisy or Peri/YPS</b>			<b>8:00am Circuit (45mins) Alex/Mirka/GFS</b>	
<b>9:00am Pilates (45 mins) Daisy/YPS</b>	<b>6.15am Circuit (45mins) Mirka/GFS</b>	<b>9:00am HIIT (30 mins) Hilary/GFS</b>			<b>8:15am Les Mills RPM (45mins) Phil/CS</b>	<b>9.00am Zumba (1hr) Celine/GFS</b>
<b>9.15am SGT METCON (45mins) Lexi or Elliott/FP</b>	<b>8:45am ABT (30 mins) Mirka/GFS</b>	<b>9.15am SGT METCON (45mins) Ena or Peri/FP</b>			<b>9:00am Booty Blitz (30mins) Mirka/YPS</b>	<b>9:00am Yoga (1hr) Sandra/YPS</b>
<b>9.20am Functional Core (30mins) Adam/GFS</b>	<b>9:30am Les Mills Body Attack (1hr) Donna/GFS</b>	<b>9.00am Yoga Meditation (75mins) Alisa/YPS</b>			<b>9:30am Les Mills Body Attack (1hr) Adam/GFS</b>	
<b>9:30am Les Mills RPM (45mins) Nicole/CS</b>	<b>9:30am AND 10.30am Pilates (45 mins) Mirka/YPS</b>	<b>9:35am Les Mills Body Pump (1hr) Hilary/GFS</b>			<b>9.35am Pilates (45 mins) Mirka/YPS</b>	
<b>10.30am Yoga (1hr) Brigitte/YPS</b>	<b>10:35am Les Mills Body Pump (1hr) Donna/GFS</b>	<b>10:30am Pilates (45 mins) Alex or Peri/YPS</b>			<b>10:30am Pilates (45mins) Daisy/YPS</b>	
		<b>TIME CHANGE 10.45am Zumba (1hr) Celine/GFS</b>			<b>10:30am Aqua (45mins) Mirka/Pool</b>	
		<b>XMAS EVE 24/12 &amp; NYE 31/12 CLUB UNSTAFFED FROM 12PM</b>			<b>10.40am Yoga (1hr) Natalie/GFS</b>	
<b>5.25pm HIIT (30mins) Nancy/GFS</b>	<b>5:15pm Cardio Blast (30 mins) Mary/GFS</b>					<b>3:45pm Hot Yoga (Power) (1hr) Rocket/YPS</b>
<b>5.30pm Aqua (45mins) Alex/Pool</b>	<b>5.30pm SGT STRENGTH (45mins) Nancy/FP</b>				<b>4:00pm Les Mills Body Pump (1hr) Sandy or Phil S/GFS</b>	<b>5:00pm Yin Yoga (1hr) Rocket/YPS</b>
<b>6.00pm Functional Core (30mins) Adam/YPS</b>	<b>6:00pm Les Mills RPM (45mins) Donna/CS</b>					<b>5:00pm Les Mills RPM (45mins) Donna/CS</b>
<b>6.00pm Les Mills RPM (45mins) Sandy/CS</b>	<b>6:00pm Les Mills Body Pump (1hr) Phil S/GFS</b>					
<b>6:00pm Les Mills Body Step (1hr) Donna/GFS</b>	<b>6.15pm Pilates (45mins) Daisy or Rheanne/YPS</b>					
<b>6.45pm Zumba (1hr) Narelle/YPS</b>						

<b>Aqua</b>	Build your fitness while keeping cool! Using the water for resistance, plus aqua-weights, pool noodles and kickboards, you will burn calories and have fun in this 45 minute, low-impact class.
<b>Pilates &amp; Hot Pilates</b>	A low-impact, core-focused workout to strengthen and lengthen your muscles. Fantastic for total body sculpting and suitable for any age and fitness level. *Hot Pilates heated to approx. 35 degrees
<b>Yoga &amp; Yoga Slow Flow</b>	A treat for the mind, body and soul. Yoga practice is renowned for aiding stress relief, increasing flexibility and improving your posture. Learn easy relaxation methods including controlling breath flow, while you stretch and release tension in your body. You will leave feeling calm and restored. *Great for beginners
<b>Hot Yoga</b>	Invigorate your senses by participating in a beautiful Yoga flow in our heated studio – between 28 and 35 degrees. You'll stretch your body and re-set your mind, all while you gain the absolute most from your poses and push your limits.
<b>Yin Yoga</b>	Yin is a deep practice that focuses on stretching, recovery and relaxation. The 60-minute class places you in postures for 3-5 minutes, allowing the muscles, fascia, tendons and ligaments, to stretch and release. A perfect practice to compliment your strength and cardio training.
<b>Vinyasa Yoga</b>	Vinyasa Yoga is an active practice that incorporates the breath with movement into a dynamic sequence. The aim is to create a sense of flow from one posture to the next, giving students a sense of meditation in motion. Although this style can be physically challenging at times, students are given a variety of options and modifications to customise the practice to suit their needs and abilities, thus making it accessible to new students who have a moderate level of fitness. The room is kept at an ambient temperature of 22-24 degrees.
<b>Yoga Meditation</b>	Yoga Meditation will focus on breath, mind and body. Breathe, stretch, strengthen and balance in various Yoga asanas. Music meditations to calm the mind, Qi Gong to shift energy and encourage balance within.
<b>Les Mills RPM HIIT Cycle &amp; Freestyle Cycle</b>	High energy indoor cycling workouts, where you ride to the rhythm of powerful music. Take on the hills, flats, time trials and interval training at your own level with adjustable resistance. Keep it low impact while reaping all the cardio benefits and engaging those leg and core muscles! Climb hills, sprint along flats and enjoy the ride (RPM & Freestyle Cycle 45-minutes, HIIT Cycle 30-minutes)
<b>Strength Conditioning</b>	Strength Conditioning is a dynamic class combining cardiovascular endurance, muscular strength, and mobility. Offering a dynamic blend of exercises challenging all aspects of fitness and providing a perfectly balanced workout.
<b>HIIT</b>	<b>High Intensity Interval Training</b> – a short sharp class that will really make you sweat! Push the intensity and increase cardiovascular fitness in 30 minutes.
<b>Cardio Blast</b>	Get your blood pumping in this 30-minute cardio workout designed to ensure maximum calorie burn! Keep your body guessing with this innovative class intended to push you to your limits.
<b>Box Circuit &amp; Circuit</b>	Box Circuit incorporates partnered boxing work and other cardio exercises. Circuit is a combination of cardio and strength-based training. Both great for fat-burning, toning, improving fitness and strength. You'll be sure to get results from these high energy classes. Get ready to whip your body into shape.
<b>Les Mills Body Pump</b>	BODY PUMP is the original barbell class that strengthens your entire body. A 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.
<b>Les Mills Body Balance</b>	BODY BALANCE is a Yoga, Tai Chi and Pilates fusion that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing and a carefully structured series of stretches, moves & poses to music create a holistic workout involving a state of harmony & balance.
<b>Les Mills Body Attack</b>	BODY ATTACK is the sports inspired cardio workout for building strength and stamina. The high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. This energetic cardio class will launch you towards your fitness goals.
<b>Les Mills Body Step</b>	BODY STEP is the energetic step workout that makes you feel alive. Using height adjustable steps and simple movements involving cardio blocks; this high energy class will push your fat burning systems into high gear, followed by muscle conditioning tracks that shape and tone your body.
<b>ABT (Abs, Butt &amp; Thighs)</b>	Tone your tummy, tighten your toosh and strengthen those thighs – a low impact class that works to tone and sculpt with particular focus on the abs, butt and thighs. 30 minutes of work – get the most bang for your buck.
<b>Booty Blitz</b>	Sculpt your booty and lower body in this 30-minute burner. Using resistance bands, ankle weights and 'magic circles' you will tighten and tone your lower body while working toward those buns of steel!
<b>Functional Core</b>	Strengthen and tone your mid-section using functional movements and small equipment. With a spicy abdominal burner to finish, you will certainly feel that core working in this 30-minute class!
<b>Zumba</b>	<b>ZUMBA®</b> is a fusion of Latin and International music / dance themes that create a dynamic, and energetic class. Based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.
<b>Functional Strength</b>	A class is designed to help you move better and feel stronger, with exercises to build balance, practical strength, core stability and range of motion. Using a combination of kettlebells, plates and dumbbells combined with body-weight and core movements. Suitable for all fitness levels with modifications offered, this dynamic class will help you become strong and functional for daily life!
<b>*Small Group Training (SGT)</b> 'MetCon' 'Strength' 'Partnered MetCon'	Our Small Group Training (SGT) sessions are created so you can experience true fitness. Metabolic Conditioning (MetCon), Strength or Partnered Metcon. Functional Fitness classes led by our dedicated Trainers and designed to be different, so that every workout is a challenge. You won't believe what you are capable of until you try! <b>MAX PARTICIPANTS PER SESSION: STRENGTH 10, METCON 12, PARTNERED METCON 16</b> <b>*SGT classes additional charge* (First class free)</b>