

### CHRISTMAS AND NEW YEAR HOURS

DATE	STAFFED HOURS	CLASSES	DATE	STAFFED HOURS	CLASSES
24/12/2025	9AM – 1PM	NO CLASSES	31/12/2025	9AM – 1PM	NO CLASSES
25/12/2025	CHRISTMAS DAY - UNSTAFFED, NO CLASSES		01/01/2026	NEW YEARS DAY - UNSTAFFED, NO CLASSES	
26/12/2025	BOXING DAY - UNSTAFFED, NO CLASSES		02/01/2026	9AM – 6PM (NORMAL HOURS)*	NO CLASSES
27/12/2025	9AM – 1PM	NO CLASSES	03/01/2026	9AM – 2PM (NORMAL HOURS)*	NO CLASSES
28/12/2025	UNSTAFFED	NO CLASSES	04/01/2026	UNSTAFFED	NO CLASSES
29/12/2025	4PM – 8PM	NO CLASSES	05/01/2026	9AM – 8PM (RESUME NORMAL FULL STAFF HOURS)	JANUARY GROUP FITNESS TIMETABLE
30/12/2025	4PM – 8PM	NO CLASSES			

### JANUARY GROUP FITNESS TIMETABLE FROM 05/01/2026

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM				HIIT				
9:00 AM							LESMILLS BODYSTEP	LESMILLS BODYPUMP
9:15 AM		HIIT		LESMILLS BODYPUMP				
9:30 AM					HIIT			
10:00 AM							ZUMBA	YOGA
10:30 AM			THT	ZUMBA fitness	PILATES	ZUMBA fitness		
11:00 AM		ZUMBA fitness					PILATES	
6:45 PM		POWER		POWER				
7:45 PM		PILATES		PILATES	YOGA			

### SPIN STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			SPIN					
8:30 AM							SPIN	
9:30 AM						SPIN		
6:00 PM		SPIN		SPIN				



Child Friendly Classes: Our normal classes where parents are welcome to bring their children, there is an area in the Group Fitness room set up for them and the music will be a bit quieter.

## FITNESS CLASSES

CLASS	LENGTH	DESCRIPTION
 <b>BODYPUMP</b>	60 mins	BODYPUMP® is the original barbell class that strengthens your entire body. This awesome workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!
 <b>BODYSTEP</b>	60 mins	BODYSTEP® is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear. Your legs will love it...
 <b>HIIT</b>	45 mins	This circuit based HIIT class caters to all fitness levels, utilising a combination of cardio & strength moves to reach maximum fat burning capacity.
 <b>YOGA</b>	60 mins	Our Yoga classes are great for a midweek stretch or end of week wind-down! Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony.
 <b>PILATES</b>	60 mins	Pilates is a 60 minute class which focuses on the body's core. This class will help to improve abdominal and back strength as well as stamina. It promotes the relaxation of the muscles to help improve and maintain flexibility and posture. It is suitable for all levels.
 <b>ZUMBA</b> fitness	60 mins	The Zumba® program fuses hypnotic Latin dance rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. JOIN THE PARTY!!!
 <b>POWER</b>	60 mins	POWER is a strength based class that will tone and strengthen your entire body, to get you the results you want - and fast!
 <b>THT</b>	60 mins	A class specifically designed to target those areas that may need a bit more work, Tummy, Hips & Thighs.
 <b>FIGHTING FIT</b>	45 mins	Fighting Fit is a boxing pad-work session. Boosting cardio fitness & strength in a fun innovative class. Basic boxing moves suitable for beginners up... You work at your own level but with coaches motivating you all the way.
 <b>GUNS &amp; GLUTES</b>	60 mins	GUN & GLUTES is ideal for all fitness levels, using a combination of resistance training and cardio training designed specially to target, firm and tone all of the muscles in the arms and buttocks! This class will have you feeling great and wanting more!!
 <b>SPIN</b>	45 mins	Our inspirational instructors and the pumping sound track will motivate and take you to your limits. We'll take you through climbs, sprints, and high intensity intervals to give you the best cardio workout possible while strengthening and toning your muscles. Ride the calorie burner for fitness and fun.