



WEDNESDAY 24th | Club Open 6am - 3pm

07:00 - 08:00	Yin Yoga	Raj	Studio 2	General	
09:00 - 09:45	HIIT	Alex	Studio 3	General	
09:00 - 10:00	Pilates	Farzin	Studio 2	General	
10:15 - 11:00	H2O	Farzin	Pool	General	
13:00 - 14:00	Core Cocktail	Michaela	Studio 2	General	

Thursday 25th | Christmas Day | Closed

Friday 26th | 10am - 4pm | No Classes

SATURDAY 27th | Normal Hours

08:15 - 09:00	Group Cycle	Mari	Studio 1	General	
08:15 - 09:15	Pilates	Shanti	Studio 2	Beginner	
09:15 - 10:00	HIIT Circuits	Mari	Studio 3	General	
09:30 - 10:30	Pilates	Shanti	Studio 2	Intermediate	
10:00 - 10:45	Hi/Low Core & More	Simone	Studio 1	General	
11:00 - 11:45	Step	Simone	Studio 1	General	
12:05 - 12:50	BODYPUMP™	Mari	Studio 1	General	

SUNDAY 28th | Normal Hours

09:00 - 10:00	BODYPUMP™	Dean	Studio 1	General	
09:00 - 10:00	Beginners Pilates	Farzin	Studio 2	Beginner	
10:15 - 11:00	Body Conditioning	Dean	Studio 1	General	
10:15 - 11:15	Pilates	Farzin	Studio 2	General	
11:15 - 12:00	Hi/Low Core & More	Simone	Studio 1	General	
17:15 - 18:30	Yin Yoga	Raimonda	Studio 2	General	

MONDAY 29th | Normal Hours

06:45 - 07:45	Group Cycle	Dean	Studio 1	General	
08:15 - 09:00	HIIT	Alex	Studio 3	General	
09:00 - 09:45	BODYPUMP™	Akiko	Studio 1	General	
09:15 - 10:00	HIIT	Alex	Studio 3	General	
10:00 - 11:00	Pilates	Farzin	Studio 3	Intermediate / Advanced	
10:00 - 10:45	Group Cycle	Terry	Studio 1	General	
10:15 - 11:00	BodySculpt	Heather	Studio 3	General	
11:00 - 11:45	Body Conditioning	Simone	Studio 1	General	
12:00 - 13:00	Danceworks	Alison	Studio 1	General	
13:05 - 14:05	Stretchworks	Alison	Studio 1	General	
14:00 - 15:00	Pilates Clinic	Jenni	Studio 2	Beginner	
15:15 - 16:15	Pilates	Marina	Studio 2	General	
16:30 - 17:30	Pilates	Marina	Studio 2	Intermediate	
18:45 - 19:45	Hatha Yoga	Laura	Studio 2	General	
20:00 - 21:00	Pilates	Laura	Studio 2	General	

TUESDAY 30th | Normal Hours

06:45 - 07:45	BODYPUMP™	Dean	Studio 1	General	
07:00 - 08:00	Hatha Yoga	Karen	Studio 2	General	
08:15 - 09:15	Pilates	Farzin	Studio 2	General	
09:00 - 09:45	HIIT	Josh	Studio 3	General	
09:30 - 10:30	BODYPUMP™	Tara	Studio 1	General	

Tuesday 30th (Continued)

09:30 - 10:30	Legs, Bums & Tums	Karen	Studio 2	General	
10:15 - 11:00	Aqua Zumba	Farzin	Pool	General	
10:45 - 11:45	Hatha Yoga	Tallulah	Studio 2	General	
12:00 - 13:15	Tai Chi	Yuka	Studio 2	General	
12:00 - 13:00	Advanced Stretchworks	Alison	Studio 1	Advanced	
13:05 - 14:05	Stretchworks	Alison	Studio 1	General	
13:30 - 14:30	Pilates	Marina	Studio 2	General	
14:45 - 15:45	Pilates	Marina	Studio 2	Intermediate	
16:00 - 17:00	Pilates	Marina	Studio 2	General	
18:30 - 19:15	HIIT	Alex	Studio 3	General	
18:30 - 19:15	Aqua Aerobics	Simone	Pool	General	
18:30 - 19:30	Yin Yoga	Raimonda	Studio 2	General	
18:30 - 19:15	Group Cycle	Dean	Studio 1	General	
19:30 - 20:30	Body Conditioning	Simone	Studio 1	General	
20:30 - 21:00	Night Owl Cardio Blast	Simone	Studio 1	General	

WEDNESDAY 31st | 6am - 3pm

07:00 - 08:00	Yin Yoga	Raj	Studio 2	General	
09:00 - 09:45	HIIT	Alex	Studio 3	General	
09:00 - 10:00	Pilates	Farzin	Studio 2	General	
10:00 - 10:45	BodySculpt	Karen	Studio 3	General	
10:15 - 11:00	H2O	Farzin	Pool	General	
11:00 - 12:00	Yoga Flow	Karen	Studio 2	General	
11:20 - 12:20	Danceworks	Alison	Studio 1	General	
13:00 - 14:00	Core Cocktail	Michaela	Studio 2	General	

Thursday 1st | New Year's Day | Closed

FRIDAY 2nd | Normal Hours

08:30 - 09:30	Stretch & Tone	Karen	Studio 2	General	
09:00 - 09:45	BODYPUMP™	Mat	Studio 1	General	
09:45 - 11:00	Intermediate Yoga	Michaela	Studio 2	Intermediate / Advanced	
10:00 - 10:45	Aqua Aerobics	Simone	Pool	General	
11:00 - 12:00	Stretchworks	Alison	Studio 1	General	
11:15 - 12:15	Yoga Basics	Michaela	Studio 2	Beginner / General	
12:30 - 13:30	Pilates	Laura	Studio 2	General	
14:00 - 15:00	Pilates	Shanti	Studio 2	Beginner	
15:00 - 16:00	Clinical Pilates	Shanti	Studio 2	Beginner / Remedial	
16:00 - 17:00	Clinical Pilates	Shanti	Studio 2	Beginner / Remedial	
19:00 - 20:00	Restorative Yoga	Karen	Studio 2	Beginner / General	

SATURDAY 3rd | Normal Hours

08:15 - 09:00	Group Cycle	Mari	Studio 1	General	
08:15 - 09:15	Pilates	Shanti	Studio 2	Beginner	
09:15 - 10:00	HIIT circuits	Mari	Studio 3	General	
09:30 - 10:30	Pilates	Shanti	Studio 2	Intermediate	
10:00 - 10:45	Hi/Low - Core & More	Simone	Studio 1	General	
11:00 - 11:45	Step	Simone	Studio 1	General	
12:05 - 12:50	BODYPUMP™	Mari	Studio 1	General	

SUNDAY 4th | Normal Hours

09:00 - 10:00	BODYPUMP™	Dean	Studio 1	General	
09:00 - 10:00	Beginners Pilates	Shanti	Studio 2	Beginner	
10:15 - 11:00	Body Conditioning	Dean	Studio 1	General	
10:15 - 11:15	Pilates	Farzin	Studio 2	General	
11:15 - 12:00	Hi/Low - Core & More	Simone	Studio 1	General	
17:15 - 18:30	Yin Yoga	Raimonda	Studio 2	General	

