



2024
Holiday Season
OPENING HOURS

DECEMBER

JAN

	OPENING HOURS	GROUP FITNESS CLASSES		CRECHE
Monday 23	5.30am to 9pm	Normal Schedule		8.40am to 12.30pm
Tuesday 24	5.30am to 5pm	6am Metcon 6.15am Body Pump 7.30am Aqua Ai Chi 9am Power Hr 9am Metafit	9.35am Spin 9.45am Body Balance 10.45am Yoga 12pm SFL	8.40am to 12.30pm
Wednesday 25	CLOSED	CLOSED		CLOSED
Thursday 26	CLOSED	CLOSED		CLOSED
Friday 27	5.30am to 5pm	6am Strength and Conditioning 6.15am Hot Water Yoga 7.30am Revitalise Aqua 9am Functional Friday	9am Spin 9.15am Aqua Fit 9.35am Meta Fit 10.35am Pilates	8.40am to 12.30pm
Saturday 28	7.45am to 5pm	8.20am Body Attack 8.30am Super Saturday	9.15am Aqua Fit 9.45am Body Balance	8.15am to 11.30am
Sunday 29	8.45am to 5pm	9.05am Body Pump 9.05am Super Sunday	9.55am Pilates 10.35am Metcon	CLOSED
Monday 30	5.30am to 5pm	6am Strength and Conditioning 7.30am Revitalise Aqua 7.55am 50FIT Balance 9am Spin	9.15am Aqua Fit 9.35am S.W.E.A.T 10.35am Pilates	8.40am to 12.30pm
Tuesday 31	5.30am to 5pm	6am Metcon 6.15am Body Pump 7.30am Aqua Ai Chi 9am Power Hr 9am Metafit	9.35am Spin 9.45am Body Balance 10.45am Yoga 12pm SFL	8.40am to 12.30pm
Wednesday 1	CLOSED	CLOSED		CLOSED
Thursday 2	5.30am to 9pm	Normal Schedule		8.40am to 12.30pm

Normal opening hours resume Thursday 2 January 2025.