

# HEIGHTS XMAS FITNESS CLASS TIMETABLE

Monday 23 December 2024 to Thursday 2 January 2025

DATE	TIME	CLASS	WITH	STUDIO	TYPE
MON 23 DEC	9.30 to 10.15am	Cyclone	Karen	Cyclone	Cardio
	10.00 to 10.45am	Aquacise Shallow	Tina	Small Pool	Pool
	10.30 to 11.15am	Cardio Combat	Karen	1	Cardio
	10.30 to 11.15am	Zumba	Narisa	2	Dance
	11.00 to 11.45pm	Aquacise	Tina	Main Pool	Pool
	12.00 to 1.00pm	Yoga for Beginners	Samlee	2	Wellbeing
	5.00 to 5.45pm	Danceatomic	Cara	2	Dance
	5.15 to 6.00pm	Cyclone	Jess	Cyclone	Cardio
	6.30 to 7.15pm	Aquacise	Tina	Main Pool	Pool
	6.30 to 7.15pm	Aqua Deep	Narisa	Main Pool	Pool
TUE 24 DEC	9.00 to 9.45am	Aquacise	Tina	Main Pool	Pool
	9.30 to 10.15am	Cyclone	Jess	Cyclone	Cardio
	10.30 to 11.15am	Bounce	Jess	1	Cardio
	11.00 to 11.45am	Aquacise	Tina	Main Pool	Pool
Christmas Day - Closed					
Boxing Day - Closed					
FRI 27 DEC	9.30am to 10.30am	Yoga	Samlee	2	Wellbeing
	10.00 to 10.45am	Aquacise Shallow	Tina	Small Pool	Pool
	11.00 to 11.45am	Aquacise	Tina	Main Pool	Pool
	5.15 to 6.00pm	Cyclone	Jess	Cyclone	Cardio
SAT 28 DEC	9.30 to 10.15am	Cyclone	Claire	Cyclone	Cardio
	9.30 to 10.15am	Danceatomic	Cara	2	Dance
	10.30 to 11.00am	30 Min Abs	Cara	2	Dance
SUN 29 DEC	8.30 to 9.15am	Cyclone	Tim	Cyclone	Cardio
MON 30 DEC	10.00 to 10.45	Aquacise Shallow	Tina	Small Pool	Pool
	10.30 to 11.15am	Zumba	Narisa	2	Dance
	11.00 to 11.45am	Aquacise	Tina	Main Pool	Pool
	12.00 to 1.00pm	Yoga for Beginners	Samlee	2	Wellbeing
	5.00 to 5.45pm	Danceatomic	Cara	2	Dance
	5.15 to 6.00pm	Cyclone	Jess	Cyclone	Cardio
	5.15 to 6.15pm	Yoga for All	Julie C	1	Wellbeing
TUE 31 DEC	9.00 to 9.45am	Aquacise	Tina	Main Pool	Pool
	9.30 to 10.15am	Cyclone	Jess	Cyclone	Cardio
	10.30 to 11.15am	Bounce	Jess	1	Cardio
	11.00 to 11.45am	Aquacise	Tina	Main Pool	Pool
New Years Day - Closed					
Thursday 2 January 2025 - Classes revert back to standard Fitness Class Timetable					