

# 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      |
|   | 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  | 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      |
|   | 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 |                  |                  |         |            |           |