

# MEDINA XMAS FITNESS CLASS TIMETABLE

Monday 23 December 2024 to Thursday 2 January 2025



DATE	TIME	CLASS	WITH	STUDIO	TYPE
MON 23 DEC	6.00 to 6.45am	Cyclone	Joe	Cyclone	Cardio
	9.15 to 10.00am	Aquacise	Narisa	Main Pool	Pool
	9.30 to 10.15am	Pilates	Alison	2	Wellbeing
	10.30 to 11.15am	FITstart	Lynn	2	Beginners
	6.00 to 6.45pm	Circuit	Sara	1	Cardio
	6.00 to 6.45pm	Cyclone	Alec	Cyclone	Cardio
	6.45 to 7.45pm	Yoga	Elle	2	Wellbeing
	7.00 to 7.45pm	Body Conditioning	Sara	1	Strength
TUE 24 DEC	9.15 to 10.00am	Aqua Deep	Narisa	Main Pool	Pool
	9.15 to 10.00am	Aquacise	Jade	Main Pool	Pool
	9.15 to 10.00am	Cyclone	Sara	Cyclone	Cardio
<b>Christmas Day - Closed</b>					
<b>Boxing Day - Closed</b>					
FRI 27 DEC	9.15 to 10.00am	Aquacise	Jade	Main Pool	Pool
	9.30 to 10.15am	FITstart	Lynn	2	Beginners
	10.30 to 11.15am	Core & Stretch	Lynn	2	Wellbeing
SAT 28 DEC	9.15 to 10.00am	Cyclone	Julie C	Cyclone	Cardio
	10.15 to 11.15am	Yoga	Julie C	2	Wellbeing
SUN 29 DEC	9.15 to 10.00am	Cyclone	AJ	Cyclone	Cardio
	9.15 to 10.00am	Zumba	Narisa	2	Dance
MON 30 DEC	6.00 to 6.45am	Cyclone	Joe	Cyclone	Cardio
	9.15 to 10.00am	Aquacise	Narisa	Main Pool	Pool
	9.30 to 10.15am	Pilates	Alison	2	Wellbeing
	10.30 to 11.15am	FITstart	Lynn	2	Beginners
TUE 31 DEC	9.15 to 10.00am	Aquacise	Narisa	Main Pool	Pool
	9.15 to 10.00am	Cyclone	Sara	Cyclone	Cardio
<b>New Years Day - Closed</b>					
Thursday 2 January 2025 - Classes revert back to standard Fitness Class Timetable					