

# HEIGHTS XMAS FITNESS CLASS TIMETABLE

Tuesday 23 December 2025 to Friday 2 January 2026

1leisure

DATE	TIME	CLASS	WITH	STUDIO	TYPE
TUE 23 DEC	Normal Fitness Class Timetable				
WED 24 DEC	9.30 to 10.15am	Zumba	Sarah	2	Dance
	10.00 to 10.45am	Cyclone	Jess	Cyclone	Cardio
	10.00 to 10.45am	Aquacise Shallow	Tina	Small Pool	Pool
	11.00 to 11.45am	Aquacise	Tina	Main Pool	Pool
Christmas Day - Closed					
Boxing Day - Closed					
SAT 27 DEC	9.00 to 9.45am	Total Body Workout	Izzy	1	Strength
	9.30 to 10.15am	Cyclone	Claire	Cyclone	Cardio
	9.30 to 10.15am	Danceatomic	Narissa	2	Dance
	10.30 to 11.00am	30 Minute Abs	Izzy	2	Strength
SUN 28 DEC	8.30 to 9.15am	Cyclone	Tim	Cyclone	Cardio
	9.30 to 10.15am	Zumba	Sarah	2	Dance
MON 29 DEC	9.30 to 10.15am	Cyclone	Jess	Cyclone	Cardio
	10.00 to 10.45am	Aquacise Shallow	Tina	Small Pool	Pool
	10.30 to 11.15am	Zumba	Narissa	2	Dance
	11.00 to 11.45am	Aquacise	Tina	Main Pool	Pool
	12.00 to 1.00pm	Intermediate Yoga	Samlee	2	Wellbeing
	5.00 to 5.45pm	Bounce	Cara	1	Cardio
	5.15 to 6.00pm	Cyclone	Jess	Cyclone	Cardio
TUE 30 DEC	9.00 to 9.45am	Aquacise	Tina	Main Pool	Pool
	9.30 to 10.15am	Cyclone	Jess	Cyclone	Cardio
	9.30 to 10.15am	Zumba	Sarah	2	Dance
	10.30 to 11.15am	Bounce	Jess	1	Cardio
	10.30 to 11.15am	Bums, Legs & Tums	Izzy	2	Cardio
	11.00 to 11.45am	Aquacise	Tina	Main Pool	Pool
	11.30am to 12.15pm	Pilates	Julie C	2	Wellbeing
	12.30 to 1.30pm	Yoga for All	Julie C	2	Wellbeing
WED 31 DEC	9.30 to 10.15am	Zumba	Sarah	2	Dance
	10.00 to 10.45am	Cyclone	Jess	Cyclone	Cardio
	10.00 to 10.45am	Aquacise Shallow	Tina	Small Pool	Pool
	11.00 to 11.45am	Aquacise	Tina	Main Pool	Pool
New Years Day - Closed					
Friday 2 January 2026 – New 2026 Fitness Class Timetable Starts					