

MEDINA 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	6.00 to 6.45am	Cyclone	Claire	Cyclone	Cardio
	9.15 to 10.00am	Aquacise	Narisa	Main Pool	Pool
	9.15 to 10.00am	Total Body Workout	Sara	2	Cardio
	10.15 to 11.00am	Core and Stretch	Sara	2	Wellbeing
	12.30 to 1.15pm	Zumba Gold	Narissa	2	Dance
Christmas Day - Closed					
Boxing Day - Closed					
SAT 27 DEC	9.15 to 10.00am	Cyclone	Julie C	Cyclone	Cardio
	9.15 to 10.05am	FITsteps	Donna	2	Dance
	10.15 to 11.15am	Yoga	Julie C	2	Wellbeing
SUN 28 DEC	9.15 to 10.00am	Cyclone	Sara	Cyclone	Cardio
	9.15 to 10.00am	Zumba	Narisa	2	Dance
	10.30 to 11.30am	Ashtanga Yoga	Samlee	2	Wellbeing
MON 29 DEC	6.15 to 7.00am	Cyclone	James	Cyclone	Cardio
	9.15 to 10.00am	Aquacise	Narisa	Main Pool	Pool
	10.30 to 11.15am	FITstart	Lynn	2	Beginners
TUE 30 DEC	9.15 to 10.00am	Aquacise	Narisa	Main Pool	Pool
	9.15 to 10.00am	Cyclone	Sara	Cyclone	Cardio
	10.00 to 11.00am	Hatha Yoga	Samlee	2	Wellbeing
WED 31 DEC	6.00 to 6.45am	Cyclone	James	Cyclone	Cardio
	9.15 to 10.00am	Aquacise	Narisa	Main Pool	Pool
	9.15 to 10.00am	Total Body Workout	Sara	Cyclone	Cardio
	10.15 to 11.00am	Pilates	Julie C	2	Wellbeing
	11.15am to 12.15pm	Yoga	Julie C	2	Wellbeing
	12.30 to 1.15pm	Zumba Gold	Narissa	2	Dance
New Years Day - Closed					
Friday 2 January 2026 – New 2026 Fitness Class Timetable Starts					