

# HOLIDAY GROUP FITNESS TIMETABLE

☎ (03) 9294 5500  
 @ aquahub@maroondah.vic.gov.au  
 🌐 maroondahleisure.com.au  
 📍 11 Civic Square, Croydon



	24 DEC	25 DEC	26 DEC	27 DEC	28 DEC	29 DEC	30 DEC	31 DEC	1 JAN	2 JAN	3 JAN	
Time	Monday	Tues	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tues	Wednesday	Thursday	
<b>Group Fitness Studio</b>	6:00am											
	8:00am											
	9:00am						BODYPUMP	BODYATTACK				
	9:15am	BODYPUMP	CENTRE CLOSED	BODYPUMP	Barre	BODYSTEP			BODYPUMP	CENTRE CLOSED	BODYPUMP	Barre
	10:00am											
	10:35am			Zumba		BODYBALANCE					Zumba	
	11:00am						BODYBALANCE					
	11:35am					Active Barre						
	5:45pm										Boxing	
	6:15pm											
6:45pm				BODYPUMP						BODYBALANCE	BODYPUMP	
7:45pm				Metafit							Metafit	
<b>Mind &amp; Body Studio</b>	9:15am				CXWORX							
	10:00am						Yoga					
	10:35am			Pilates	Stretch					Pilates	Stretch	
	11:00am						Meditation					
	11:35am	Yoga						Yoga				
	6:15pm				Pilates						Pilates	
	6:45pm											
	7:30pm											
<b>Cycle Studio</b>	6:00am	Virtual RPM			Virtual RPM	Virtual RPM			Virtual RPM		Virtual RPM	Virtual RPM
	7:00am	Virtual RPM			Virtual RPM	Virtual RPM			Virtual RPM		Virtual RPM	Virtual RPM
	8:00am	Virtual RPM			Virtual RPM		Cycle		Virtual RPM		Virtual RPM	Virtual RPM
	8:15am			Virtual RPM				Virtual RPM				
	8:30am					Virtual RPM						
	9:15am	Virtual RPM			Virtual RPM	Cycle			Virtual RPM		Virtual RPM	Cycle
	10:00am						Virtual RPM					
	12:00pm				Virtual RPM	Virtual RPM						Virtual RPM
	1:00pm	Virtual RPM			Virtual RPM	Virtual RPM	Virtual RPM	Virtual RPM	Virtual RPM			Virtual RPM
	5:00pm			Virtual RPM	Virtual RPM	Virtual RPM	Virtual RPM	Virtual RPM			Virtual RPM	Virtual RPM
6:30pm					Virtual RPM							
<b>Aquatics</b>	8:05am							Aqua				
	9:30am	Warm Water Aqua		Aqua				Warm Water Aqua		Aqua		
	10:35am				Warm Water Aqua	Warm Water Aqua	Warm Water Aqua				Warm Water Aqua	
	7:00pm											
<b>FITT</b>	9:15am	FITT				FITT	FITT		FITT			
<b>Gym/Stadium</b>	10:00am - 12:00pm							Active Gym		Active Gym	Active Gym	

# HOLIDAY GROUP FITNESS TIMETABLE

☎ (03) 9294 5500  
 @ aquahub@maroondah.vic.gov.au  
 🌐 maroondahleisure.com.au  
 🏠 11 Civic Square, Croydon



	4 JAN	5 JAN	6 JAN	7 JAN	8 JAN	9 JAN	10 JAN	11 JAN	12 JAN	13 JAN
	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Fitness Studio	6:00am							BODYPUMP		
	8:00am		TONE (VIP)*						TONE (VIP)*	
	9:00am		BODYPUMP	BODYATTACK					BODYPUMP	BODYATTACK
	9:15am	BODYSTEP			BODYPUMP	Zumba	BODYPUMP	TONE (VIP)*	BODYSTEP	
	10:00am								Retro Cardio	
	10:35am	BODYBALANCE			Active Freestyle		Zumba		BODYBALANCE	
	11:00am		BODYBALANCE						BODYBALANCE	
	11:35am	Active Barre					Active Freestyle		Active Barre	
	5:45pm				BODYPUMP	XTC	Boxing			
	6:15pm								Zumba	
	6:45pm				BODYATTACK	BODYPUMP	TONE (VIP)*	BODYPUMP		
	7:45pm				BODYBALANCE	Metafit		Metafit		
Mind & Body Studio	9:15am	CXWORX						CXWORX		
	10:00am			Yoga						Yoga
	10:35am				Yoga	Pilates	Stretch			
	11:00am			Meditation						Meditation
	11:35am				Yoga		Yoga			
	12:35am						Meditation			
	6:15pm					Pilates		Pilates		
	6:45pm						BODYBALANCE			
7:30pm					Yoga					
Cycle Studio	6:00am	Virtual RPM			Virtual RPM	Virtual RPM	Virtual RPM	Virtual RPM	Virtual RPM	
	7:00am	Virtual RPM			Virtual RPM	Virtual RPM	Virtual RPM	Virtual RPM	Virtual RPM	
	8:00am		Cycle		Virtual RPM	Virtual RPM	Virtual RPM	Virtual RPM		Cycle
	8:15am			Virtual RPM						Virtual RPM
	8:30am	Virtual RPM							Virtual RPM	
	9:15am				Virtual RPM	Cycle	Virtual RPM	Cycle		
	10:00am		Virtual RPM						Virtual RPM	
	12:00pm	Virtual RPM				Virtual RPM		Virtual RPM	Virtual RPM	
	1:00pm	Virtual RPM	Virtual RPM	Virtual RPM	Virtual RPM	Virtual RPM		Virtual RPM	Virtual RPM	Virtual RPM
	5:00pm	Virtual RPM	Virtual RPM	Virtual RPM		Virtual RPM	Virtual RPM	Virtual RPM	Virtual RPM	Virtual RPM
6:30pm	Virtual RPM			Cycle				Virtual RPM		
Aquatics	8:05am			Aqua						Aqua
	9:30am				Warm Water Aqua	Aqua	Aqua	Warm Water Aqua		
	10:35am	Warm Water Aqua	Warm Water Aqua			Aqua		Warm Water Aqua	Warm Water Aqua	Warm Water Aqua
	7:00pm				Aqua					
FITT	9:15am	FITT	FITT		FITT	Boxing	FITT		FITT	FITT
Gym/Stadium	10:00am - 12:00pm	Active Gym			Active Gym	Active Gym	Active Gym	Active Gym	Active Gym	

\*TONE (VIP): combines blocks of strength, cardio and core training into one complete and convenient workout. Includes a mix of exercises to work the whole body and elevate the heart rate.