

HOLIDAY GROUP FITNESS TIMETABLE

03 9298 4600
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 maroondahleisure.com.au
 Cnr Greenwood Ave & Reilly St, Ringwood



	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	Tuesday	Wednesday	Thursday	
Group Fitness Studio	5:35am			HIIT								
	6:10am			CXWORK								
	8:15am					BODYATTACK	BODYPUMP					
	8:45am						CXWORK					
	9:20am	BODYPUMP		BODYPUMP	BODYATTACK	Boxing	BODYPUMP	BODYSTEP	BODYPUMP		BODYPUMP	BODYATTACK
	10:35am	CXWORK			CXWORK	CXWORK			CXWORK	BODYPUMP	Freestyle Step	CXWORK
	11:10am	BODYSTEP			BODYPUMP 30	BODYCOMBAT			BODYSTEP			BODYPUMP 30
	4:30pm				BODYPUMP 45		BODYPUMP	BODYATTACK		ZUMBA		BODYPUMP
	5:30pm			BODYPUMP	BODYSTEP						BODYPUMP	
	6:30pm				Boxing						BODYATTACK	
7:35pm											BODYPUMP	
Mind & Body Studio	9:20am	Yoga			Pilates	Trigger Point	BODYBALANCE				Yoga	Pilates
	10:35am			BODYBALANCE		Yoga	Yoga	Yoga	BODYBALANCE	BODYBALANCE		
	4:30pm								Yoga			
	5:30pm			Yoga	Barre Attack		Pilates				Yoga	Barre Attack
	6:30pm				BODYBALANCE							BODYBALANCE
Cycle Studio	5:35am	SPRINT					SPRINT					
	6:00am				RPM						MyRide+	RPM
	6:10am	Cycle							Cycle			
	7:30am						RPM					
	8:30am						MyRide+					
	9:30am	MyRide+		RPM	MyRide+	RPM		RPM	MyRide+		MyRide+	RPM
	4:30pm									SPRINT		
	5:45pm											SPRINT
6:30pm											MyRide+	
Aqua Aerobics	7:30am	Shallow Water			Shallow Water				Shallow Water			
	8:30am	Warm Water				Warm Water			Warm Water		Shallow Water	
	8:30am	Deep Water		Shallow Water			Aqua Fusion		Deep Water			
	9:30am				HIIT Aqua		Warm Water					HIIT Aqua
	9:30am											
	10:30am			Warm Water						Warm Water	Warm Water	
	6:30pm											Warm Water
Outdoor	6:00am				Sunrise Yoga							Sunrise Yoga
Health Club	11:00am										Active SGT	Active SGT

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	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			BODYATTACK							
	6:10am				BODYPUMP	Boxing	BODYATTACK				
	7:10am								Boxing		
	8:15am		BODYATTACK	BODYPUMP					BODYATTACK	BODYPUMP	
	8:45am			CXWORX						CXWORX	
	9:20am		BODYPUMP	BODYSTEP	BODYPUMP	BODYATTACK	TONE (VIP)*	BODYATTACK	Boxing	BODYPUMP	BODYSTEP
	10:35am	CXWORX	TONE (VIP)*		CXWORX	BODYPUMP	Freestyle Step	CXWORX	CXWORX	HIIT	
	11:10am	BODYCOMBAT			BODYSTEP			BODYPUMP 60	BODYCOMBAT		
	11:45am										
	4:30pm			BODYATTACK		ZUMBA				BODYPUMP	BODYATTACK
	5:30pm				TONE (VIP)*	Boxing	BODYPUMP	BODYSTEP	Freestyle Step		
	6:00pm										
	6:30pm				BODYPUMP	BODYATTACK	BODYATTACK	Boxing			
7:35pm					BODYCOMBAT	Zumba	BODYPUMP				
Mind & Body Studio	7:10am								Yoga		
	8:15am							Pilates	Pilates		
	9:20am		BODYBALANCE		Yoga	BODYBALANCE		Pilates	Trigger Point	BODYBALANCE	
	10:35am	Yoga		Yoga	BODYBALANCE	Barre Attack		Restore Yoga	Yoga	Restore Yoga	
	12noon					Active Stability					
	5:00pm			Yoga						Yoga	
	5:30pm		Pilates		Pilates	BODYBALANCE	Yoga	Barre Attack			
	6:30pm				Yoga	Flow Vinyassa Yoga	Barre Attack	BODYBALANCE			
	7:30pm						BODYBALANCE	Yoga			
8:30pm					Meditation	Pilates					
Cycle Studio	5:35am	SPRINT			SPRINT				SPRINT		
	6:00am					RPM	MyRide+	RPM			
	6:10am	RPM				Cycle			RPM		
	7:30am									RPM	
	8:30am		MyRide+	SPRINT						MyRide+	SPRINT
	9:30am	RPM		RPM	MyRide+	Cycle Express	MyRide+	MyRide+	RPM	Cycle Beginners	RPM
	4:30pm					SPRINT					
	5:45pm						SPRINT				
6:30pm					MyRide+	MyRide+	RPM				
Aqua Aerobics	7:30am				Shallow Water		Shallow Water	Shallow Water			
	8:30am	Warm Water		Shallow Water	Warm Water			Warm Water	Aqua Fusion		
	8:30am								Warm Water	Shallow Water	
	9:30am				Warm Water	Shallow Water	Deep Water	HIIT Aqua			
	9:30am										
	10:30am		HIIT Aqua			Warm Water				HIIT Aqua	
	6:30pm	Shallow Water						Warm Water	Shallow Water		
	7:30pm						Deep Water				
Outdoor	6:00am						Sunrise Yoga				
Health Club	11:00am	Active SGT			Active SGT	Active SGT	Active SGT	Active SGT	Active SGT		

*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.