



# GROUP FITNESS

## HOLIDAY PERIOD TIMETABLE

### MONDAY 18 DECEMBER TO SUNDAY 7 JANUARY

	Time	Normal hours	Normal hours	Normal hours	Normal hours	Normal hours	7.00am-7.00pm	8.00am-4.00pm	Closed	8.00am-6.00pm	Normal hours
		Monday 18-Dec	Tuesday 19-Dec	Wednesday 20-Dec	Thursday 21-Dec	Friday 22-Dec	Saturday 23-Dec	Sunday 24-Dec	Monday 25-Dec	Tuesday 26-Dec	Wednesday 27-Dec
<b>Main Studio</b>	6:00am	BODYPUMP				BODYPUMP					
	9:00am						BODYPUMP	BODYCOMBAT			
	9:15am	BODYPUMP	Zumba	BODYPUMP	Barre	BODYSTEP				Zumba	BODYPUMP
	10:00am										
	10:35am			Zumba			BODYBALANCE				Zumba
	11:00am							BODYBALANCE			
	11:35am	Active Freestyle				Active Barre					
	4:00pm										
	5:45pm	BODYPUMP	XTC	Boxing							Boxing
	6:15pm										
6:45pm	BODYATTACK	BODYPUMP	BODYBALANCE	BODYPUMP						BODYBALANCE	
7:45pm	BODYBALANCE	Barre									
<b>Mind Body</b>	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
	9:15am										
	10:00am							Yoga			
	10:35am	Yoga	Yoga	Pilates Yoga	Stretch					Yoga	Pilates Yoga
	11:35am										
	6:15pm		Pilates Yoga		Pilates Yoga						
7:30pm											
<b>Cycle</b>	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
	6:00am	RPM	Revolution	Cycle (45)	RPM	Revolution					Cycle (45)
	8:00am	RPM	RPM	RPM	Revolution	RPM	Cycle			RPM	RPM
	8:15am										
	9:15am		Cycle (45)	RPM	Cycle Combo					Revolution	RPM
	10:00am						RPM				
	12:00pm	RPM	Revolution		RPM	RPM				Revolution	
	1:00pm	Revolution	RPM	RPM	Revolution	Revolution	Revolution	Revolution		RPM	RPM
	5:00pm	Revolution	RPM	RPM	Revolution	RPM	Revolution	Revolution		RPM	RPM
	6:30pm	Cycle		Cycle (45)		RPM					Cycle (45)
7:30pm	RPM		Revolution		RPM					Revolution	
<b>Aqua</b>	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
	8:05am							Aqua			
	9:30am	WW Aqua	Aqua	Aqua	WW Aqua					Aqua	Aqua
	10:35am		Aqua		WW Aqua	WW Aqua	WW Aqua				
7:00pm	Aqua										
<b>FITT</b>	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
	6:00am				FITT Express						
	9:15am	FITT	Boxing	FITT		FITT	FITT				FITT
	5:45pm	FITT									

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RPM and Revolution classes are Virtual Cycle classes (no live instructor).



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	Time	Normal hours	Normal hours	Normal hours	8.00am-6.00pm	12.00pm-6.00pm	Normal hours	Normal hours	Normal hours	Normal hours	Normal hours	Normal hours
		Thursday 28-Dec	Friday 29-Dec	Saturday 30-Dec	Sunday 31-Dec	Monday 1-Jan	Tuesday 2-Jan	Wednesday 3-Jan	Thursday 4-Jan	Friday 5-Jan	Saturday 6-Jan	Sunday 7-Jan
<b>Main Studio</b>	6:00am			BODYPUMP					BODYPUMP		BODYPUMP	BODYCOMBAT
	9:00am											
	9:15am	Barre	BODYSTEP			Zumba	BODYPUMP	Barre	BODYSTEP			
	10:00am									Retro Cardio		
	10:35am		BODYBALANCE				Zumba		BODYBALANCE			
	11:00am			BODYBALANCE						BODYBALANCE		
	11:35am		Active Barre						Active Barre			
	4:00pm											BODYBALANCE
	5:45pm						XTC	Boxing				
	6:15pm											
6:45pm	BODYPUMP					BODYPUMP Barre	BODYBALANCE	BODYPUMP				
7:45pm												
<b>Mind Body</b>	Time	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:15am											
	10:00am				Yoga							Yoga
	10:35am	Stretch					Yoga	Pilates Yoga	Stretch			
	11:35am											
	6:15pm	Pilates					Pilates Yoga		Pilates Yoga			
7:30pm												
<b>Cycle</b>	Time	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	RPM	Revolution				Revolution		RPM	Revolution		
	8:00am	Revolution	RPM	Cycle			RPM	RPM	Revolution	RPM	Cycle	
	8:15am				RPM							RPM
	9:15am	Cycle Combo					Cycle (45)	RPM	Cycle Combo			
	10:00am			RPM							RPM	
	12:00pm	RPM	RPM				Revolution		RPM	RPM		
	1:00pm	Revolution	Revolution	Revolution	Revolution	Revolution	RPM	RPM	Revolution	Revolution	Revolution	Revolution
	5:00pm	Revolution	RPM	Revolution	RPM	Revolution	RPM	RPM	Revolution	RPM	Revolution	RPM
	6:30pm		RPM					Cycle (45) Revolution		RPM		
7:30pm		RPM							RPM			
<b>Aqua</b>	Time	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:05am				Aqua							Aqua
	9:30am						Aqua	Aqua				
	10:35am	WW Aqua	WW Aqua	WW Aqua					WW Aqua	WW Aqua	WW Aqua	
	7:00pm											
<b>FITT</b>	Time	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am											
	9:15am 5.45pm		FITT	FITT				FITT		FITT	FITT	

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