



**GROUP FITNESS HOLIDAY
PERIOD TIMETABLE
MONDAY 18 DECEMBER TO SUNDAY 7 JANUARY**

	Time	Monday 18-Dec	Tuesday 19-Dec	Wednesday 20-Dec	Thursday 21-Dec	Friday 22-Dec	Saturday 23-Dec	Sunday 24-Dec
Studio 1 – Group Fitness Studio	5:35am				HIIT			
	6:00am	BODYATTACK						
	6:10am		BODYPUMP	Boxing	CXWORX			
	8:15am						BODYATTACK	BODYPUMP
	8:45am							CXWORX
	9:20am	BODYPUMP	BODYATTACK	BODYPUMP	BODYATTACK	Boxing	BODYPUMP	BODYSTEP
	10:35am		BODYPUMP	Freestyle Step	CXWORX	CXWORX		
	11:10am				BODYPUMP	BODYCOMBAT		
	11:45am			BODYPUMP				
	12:15am			CXWORX				
	4:30pm		Zumba				BODYPUMP	
	5:30pm	BODYSTEP	Boxing	BODYPUMP				
	6:00pm					CXWORX		
6:30pm	BODYPUMP	BODYATTACK	BODYATTACK	Boxing	SH'BAM			
7:35pm	SH'BAM	BODYCOMBAT	Zumba	BODYPUMP				
8:30pm	CXWORX							
Studio 2 – Mind, Body Studio	6:00am		Power Yoga					
	7:10am						Yoga	
	9:20am	Yoga	BODYBALANCE	Yoga	Pilates	Trigger Point		
	10:35am	BODYBALANCE		BODYBALANCE	Yoga	Yoga	Yoga	Yoga
	11:45am		Active Stability					
	5:30pm	Pilates						
	6:30pm	Yoga	Power Yoga	Barre Attack	BODYBALANCE			
	7:30pm	BODYBALANCE	Pilates	BODYBALANCE	Yoga			
	8:30PM			Pilates				
Studio 3 – Cycle Studio	6:00am		RPM					
	6:10am	Cycle				RPM		
	8:30am						MyRide+	
	9:30am	MyRide+		MyRide+	MyRide+	RPM		RPM
	5:45pm	SPRINT		SPRINT	SPRINT			
	6:30pm	RPM	MyRide+	MyRide+	RPM			
	7:30pm		RPM					
Pool – Aqua	7:30am	Shallow Water	Shallow Water		Shallow Water	Shallow Water		
	8:30am					Warm Water		
	8:30am	Deep Water		Shallow Water				Shallow Water
	9:30am	Warm Water	Shallow Water	Deep Water	HIIT Aqua			
	9:30am			Warm Water				
	10:30am		Warm Water				HIIT Aqua	
	6:30pm	Shallow Water				Warm Water		
7:30pm	Deep Water		Deep Water					
Outdoor	6:00am				Sunrise Yoga			

All classes and times were correct at the time of printing. Classes are subject to change, please visit maroondahleisure.com.au for updated timetables.





**GROUP FITNESS HOLIDAY
PERIOD TIMETABLE
MONDAY 18 DECEMBER TO SUNDAY 7 JANUARY**

		Monday 25-Dec	Tuesday 26-Dec	Wednesday 27-Dec	Thursday 28-Dec	Friday 29-Dec	Saturday 30-Dec	Sunday 31-Dec
Studio 1 – Group Fitness Studio	Time	CLOSED - CHRISTMAS DAY					BODYATTACK	BODYPUMP
	8:15am							
	8:45am							
	9:20am		BODYATTACK	BODYPUMP	BODYATTACK		BODYPUMP	BODYSTEP
	10:35am		BODYPUMP	Freestyle Step	CXWORX		CXWORX	
	11:45am						BODYCOMBAT	
	4:30pm		Zumba			BODYPUMP		
5:30pm			BODYPUMP	BODYSTEP				
6:30pm			BODYATTACK					
Studio 2 – Mind, Body Studio			Tuesday 26-Dec	Wednesday 27-Dec	Thursday 28-Dec	Friday 29-Dec	Saturday 30-Dec	Sunday 31-Dec
	9:20am		BODYBALANCE	Yoga	Pilates			
	10:35am					Yoga		Yoga
	5:30pm			Barre Attack	Barre Attack		Pilates	
	6:30pm			Barre Attack	BODYBALANCE			
Studio 3 – Cycle Studio	Time		Tuesday 26-Dec	Wednesday 27-Dec	Thursday 28-Dec	Friday 29-Dec	Saturday 30-Dec	Sunday 31-Dec
	6:00am			MyRide+	RPM			
	8:30am						MyRide+	SPRINT
	9:30am	Cycle Express		MyRide+	MyRide+	RPM		RPM
	6:30pm			MyRide+	RPM			
Pool – Aqua	Time		Tuesday 26-Dec	Wednesday 27-Dec	Thursday 28-Dec	Friday 29-Dec	Saturday 30-Dec	Sunday 31-Dec
	7:30am					Shallow Water		
	8:30am					Warm Water		Shallow Water
	9:30am				HIIT Aqua			
	10:30am						HIIT Aqua	
Outdoor	Time		Tuesday 26-Dec	Wednesday 27-Dec	Thursday 28-Dec	Friday 29-Dec	Saturday 30-Dec	Sunday 31-Dec
	6:00am				Sunrise Yoga			

All classes and times were correct at the time of printing. Classes are subject to change, please visit maroondahleisure.com.au for updated timetables.



**GROUP FITNESS HOLIDAY
PERIOD TIMETABLE
MONDAY 18 DECEMBER TO SUNDAY 7 JANUARY**

Studio 1 – Group Fitness Studio	Time	Monday 1-Jan	Tuesday 2-Jan	Wednesday 3-Jan	Thursday 4-Jan	Friday 5-Jan	Saturday 6-Jan	Sunday 7-Jan
	5:35am					HIIT		
6:10am			BODYPUMP	Boxing	CXWORX			
8:15am							BODYATTACK	BODYPUMP
8:45am								CXWORX
9:20am				BODYPUMP	BODYATTACK	Boxing	BODYPUMP	BODYSTEP
10:35am	CXWORX	BODYPUMP		Freestyle Step		CXWORX	HIIT	
11:10am	BODYSTEP					BODYCOMBAT		
4:30pm		Zumba			BODYPUMP			BODYATTACK
5:30pm		Boxing		BODYPUMP	BODYSTEP			
6:00pm						CXWORX		
6:30pm		BODYATTACK			Boxing	SH'BAM		
7:35pm		BODYCOMBAT		Zumba	BODYPUMP			
Studio 2 – Mind, Body Studio	Time	Monday 1-Jan	Tuesday 2-Jan	Wednesday 3-Jan	Thursday 4-Jan	Friday 5-Jan	Saturday 6-Jan	Sunday 7-Jan
7:10am							Yoga	
9:20am			BODYBALANCE	Yoga	Pilates			
10:35am	Yoga			BODYBALANCE		Yoga	Restore Yoga	Yoga
5:00pm								Yoga
5:30pm				Yoga				
6:30pm					BODYBALANCE			
7:30pm			BODYBALANCE					
Studio 3 – Cycle Studio	Time	Monday 1-Jan	Tuesday 2-Jan	Wednesday 3-Jan	Thursday 4-Jan	Friday 5-Jan	Saturday 6-Jan	Sunday 7-Jan
6:00am			RPM		RPM			
6:10am						RPM		
7:30am							RPM	
9:30am				MyRide+	MyRide+	RPM		RPM
6:30pm			MyRide+	MyRide+				
Pool – Aqua	Time	Monday 1-Jan	Tuesday 2-Jan	Wednesday 3-Jan	Thursday 4-Jan	Friday 5-Jan	Saturday 6-Jan	Sunday 7-Jan
7:30am			Shallow Water		Shallow Water			
8:30am						Warm Water		
8:30am								Shallow Water
10:30am				Warm Water			HIIT Aqua	
6:30pm					Warm Water			
Outdoor	Time	Monday 1-Jan	Tuesday 2-Jan	Wednesday 3-Jan	Thursday 4-Jan	Friday 5-Jan	Saturday 6-Jan	Sunday 7-Jan
6:00am					Sunrise Yoga			

All classes and times were correct at the time of printing. Classes are subject to change, please visit maroondahleisure.com.au for updated timetables.