



SATURDAY 26TH JANUARY AUSTRALIA DAY

CENTRE HOURS: 8:00am – 6:00pm

GYM: 7:30am – 6:00pm

GROUP FITNESS – NO CHANGES

MONDAY 28TH JANUARY

PUBLIC HOLIDAY

CENTRE HOURS	8:00am – 6:00pm		
GYM HOURS	7:30am – 6:00pm		
SPIN	8.15 – 9.00am	SPIN	DANIEL
STUDIO 1	8.00 – 9.00am	BODY PUMP	JOHANNA
	9.15 – 10.15am	BODY ATTACK	JANET
	10.15 – 10.45am	CX WORX	ELYSE
	11.00 – 12.00pm	BODY BALANCE	ELYSE
STUDIO 2	9:30 – 10:15am	THROWDOWN	RAYMOND
AQUA	9:15 – 10:00am	AQUA FIT	DANIEL