



EASTER 2019

GOOD FRIDAY 19TH APRIL - CENTRE CLOSED

SATURDAY 20TH AND SUNDAY 21ST APRIL - NORMAL HOURS / GROUP CLASSES

MONDAY 22ND APRIL 2019

Centre Hours	8:00am – 6:00pm		
Gym Hours	7:30am – 6:00pm		
Cycle Studio	8:15 – 9:00am	SPIN	DANIEL
Group Fitness Studio 1	8:00 – 9:00am	BODYPUMP	MONIQUE
	9:15 – 10.15am	BODYATTACK	MONIQUE
	10.15 – 10.45am	CXWORX	ELYSE
	11.00 – 12.00pm	BODYBALANCE	ELYSE
Group Fitness Studio 2	9:15 – 10:00am	THROWDOWN COMBO – CARDIO / POWER	COLIN
Aqua Fitness	9:15 – 10:00am	AQUA FITNESS 50 METRE POOL	DANIEL