



# Xmas Group Fitness Timetable

Monday 25 December 2023 - Sunday 7 January 2024

	MON 25 DEC	TUES 26 DEC	WED 27 DEC	THURS 28 DEC	FRI 29 DEC	SAT 30 DEC	SUN 31 DEC		
6.10am	CENTRE CLOSED	NO CLASSES	BODYPUMP	RPM					
7:00am						YOGA			
8:05am								FITBOX45	
9:00am							BODYPUMP	BODYPUMP	
9:30am					FIT45 RPM YOGA AQUA ACTION	POWERBAR BODYBALANCE AQUA RUN	FIT45 PILATES WATER WORKOUT	BARRE	YOGA
10:30am					AQUA RUN	GENTLE WARM WATER		PILATES	
10:35am					PILATES	FIT45 PILATES BASICS	BODYPUMP FITBALL PILATES		
11:45am					LOW IMPACT BASICS	LOW IMPACT BASICS	LOW IMPACT BASICS		
	MON 1 JAN	TUES 2 JAN	WED 3 JAN	THURS 4 JAN	FRI 5 JAN	SAT 6 JAN	SUN 7 JAN		
6:10am		RPM	BODYPUMP	RPM					
7:00am						YOGA			
9:00am						BODYPUMP	BODYPUMP		
9:30am	FITBOX45	POWERBAR BARRE AQUA ACTION	FIT45 RPM YOGA	POWERBAR AQUA RUN	FIT45 PILATES WATER WORKOUT	BARRE	BARRE		
10:00am	RPM								
10:30am		GENTLE WARM WATER		GENTLE WARM WATER	AQUA ACTION	PILATES			
10:35am	POWERBAR PILATES	CORE PILATES	PILATES	FIT45 PILATES BASICS	BODYPUMP FITBALL PILATES				
11:45am	LOW IMPACT BASICS	LOW IMPACT BASICS	LOW IMPACT BASICS GENTLY ACTIVE	LOW IMPACT BASICS	LOW IMPACT BASICS				
5:30pm		BODYPUMP BARRE	BODYPUMP PILATES	CORE + STRETCH AQUA RUN	PILATES				
6:00pm			RPM	RPM					
6:30pm		AQUA RUN							
6:35pm			CORE YOGA	BODYPUMP BARRE	STEP				

STUDIO ONE

STUDIO TWO

STUDIO THREE

AQUA

All Gold members can access Group Fitness classes as part of their membership. BodyPump and Adult Gymnastics minimum age 16 years, all other classes minimum age 13 years. All classes must be booked via our website at [www.ballarataquaticcentre.com](http://www.ballarataquaticcentre.com).

