

# HAWTHORN AQUATIC AND LEISURE CENTRE

## CHRISTMAS GROUP FITNESS TIMETABLE

WEEK 1	Mon 23/12	Tues 24/12	Wed 25/12	Thurs 26/12	Fri 27/12	Sat 28/12	Sun 29/12
6:00am	6.15am Cycle	6:15am BOXING EXPRESS  6.15am Strength			6.15am Cycle		
8:00am	8.30am Deep Water Aqua			8.30am Pryme Circuit	8.30am Deep Water Aqua	8.30AM CYCLE  8.45am PZ METCON	
9:00am	9.30am Cycle  9.30am MetCon  9.40am Pryme Active	9.30AM CYCLE  9.30AM PRYME CIRCUIT	Health Club closed	9:30am CYCLE	9.30AM BODYPUMP  9.30am PZ Strength  9.45AM Deep Water Running	9.30AM BODYPUMP  9.30am PZ Strength  9.45AM Deep Water Running	9AM: PZ: STRENGTH  9:30am Body Pump  9:30am CYCLE
10:00am	10.30am Gentle Yoga	10.30am Body Balance 10.45am Aqua Aerobics			10am Pryme Active	10.30am Yoga	10:45am BODY BALANCE  10.45am Boxing
11:00am	11.45 Gentle Water Exercise			11am Pilates	11am Yoga		
12:00pm	12.30pm Body Pump				12.30pm Pilates	12pm Pilates	
2:00pm				2pm Aqua Aerobics			
4:00pm						4.30pm Body Balance	4.30pm Yoga
5:00pm	5.30pm: Boxing Express 5.45pm MetCon						
7:00pm	7pm Yoga 7.30pm Zumba						

# HAWTHORN AQUATIC AND LEISURE CENTRE

WEEK 2	Mon 30/12	Tues 31/12	Wed 1/1	Thurs 2/1	Fri 3/1	Sat 4/1	Sun 5/1
6:00am							
8:00am	8.30AM: Deep Water Aqua			7.30am: DEEP WATER RUNNING		8.30AM: CYCLE 8.45am PZ Metcon	
9:00am	9.40AM: Cycle			9.30AM: CYCLE	9.15: PRYME CIRCUIT 9.30: BODYPUMP	9:30am BODY PUMP 9.30am PZ Strength 9.30am Hatha Yoga 9:45am Deep Water Running	9.00am PZ Strength 9:30am Body Pump 9:30am CYCLE
10:00am	10.30am Gentle Yoga 10:45am BOXING EXPRESS	9.30AM CYCLE		10:00am YOGA			10:45am Body Balance 10:45am Boxing
11:00am	11.30am Pryme Strength	10.45 AQUA AEROBICS		11:30AM: Pryme Strength	11.00am Pryme Dance		
12:00pm					12.30PM: Pilates		
5:00pm	5.45: PZ METCON			5.45: PZ METCON		4.30pm Body Balance	4.30pm Yoga
6:00pm			6.00pm Cycle 6.00pm Body Balance				
7:00pm	7.00pm Yoga						

# HAWTHORN AQUATIC AND LEISURE CENTRE

WEEK 3	Mon 6/1	Tues 7/1	Wed 8/1	Thurs 9/1	Fri 10/1	Sat 11/1	Sun 12/1
6:00am	6.15am Body Pump 6.15am Cycle	6.15am Boxing Express 6.15am Virtual Cycle	6:15am BODY PUMP 6.15: PZ METCON	6:15am VIRTUAL CYCLE	6:15am CYCLE		
8:00am	8:30am Deep Water Aqua	8.30AM Deep Water Running	8:00am Pryme GYM		8:30am Deep Water Aerobics	8.45AM: PZ METCON	
9:00am	9:30am Body Balance 9:30am PZ: METCON	9:30am Pryme CIRCUIT 9:30am CYCLE	9.30AM: PILATES	9:30am KETTLEBELL 9.30: CIRCUIT HIT 9:30am CYCLE	9:30am BODY PUMP 9.30am PZ Metcon	9:30am Body Pump 9.30AM: PZ STRENGTH	9:00AM: PZ STRENGTH 9:30am CYCLE 9.30AM BODYPUMP
10:00am		10.45am Aqua Aerobics 10.50AM: Zumba	10:30am VINYASA YOGA	10:00AM YOGA	10:00am Pryme ACTIVE	10:30am YOGA 10.45AM: ZUMBA	10:45am BODY BALANCE
11:00am	11:30am Pryme STRENGTH 11.45 Gentle Water Exercise		11.00am Dance for Neurobalance 11:45am GENTLE WATER EXERCISE	11:30am Pryme STRENGTH	11.00AM: VINYASA FLOW YOGA	12.00PM PILATES	
12:00pm					12.00pm Tai Chi		
4:00pm						4:30pm BODY BALANCE	
5:00pm	5:30pm BOXING 5.45PM: PZ METCON	5:30pm BODY PUMP	5:30pm BOXING 5.45pm PZ Strength	5:30pm BODYPUMP 5.45PM: PZ METCON			
6:00pm	6:30pm VIRTUAL CYCLE 6:30pm BODY PUMP	6:30pm CYCLE 6.30pm PZ Strength	6:00pm BODY BALANCE 6:00pm CYCLE 6.30pm Zumba	6:00pm Dosha Vinyasa Yoga 6:00pm CYCLE	6:00pm Virtual Cycle		
7:00pm	7.30pm Zumba			7.00pm Barre Fusion			