

HAWTHORN AQUATIC AND LEISURE CENTRE

XMAS and New Year Timetable 21/22

WEEK 1	Mon 20/12 (6am – 9:45pm)	Tues 21/12 (6am – 9:30pm)	Wed 22/12 (6am – 9:30pm)	Thurs 23/12 (6am – 9:30pm)	Fri 24/12 (6am – 4pm)	Sat 25/12 (9am – 12pm)	Sun 26/12 (8am – 8pm)
	Normal timetable	Normal timetable	Normal timetable	Normal timetable	6am Swim Squad John	No classes - Outdoor Pool swims only	9am Strength Nana
					6:15am Cycle Mel		9am Int Yoga May
					6:15am MetCon Nana		10:30am Body Balance Anna
					8:15am Aqua Aerobics Mel		4:30pm Yoga Susie
					9:15am DW Aqua Mel		
					9:30am MetCon Sophie		
					10am Pryme Active Sue W		
					11:00am Pryme Dance Paris		
					11:00am Yoga Susie		
					11:45am GWE Mel		
					12:30pm Pilates Zoe		

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WEEK 2	Mon 27/12 (8am - 8pm)	Tues 28/12 (8am - 8pm)	Wed 29/12 (6am – 9:30pm)	Thurs 30/12 (6am – 9:30pm)	Fri 31/12 (6am – 4pm)	Sat 1/1/22 (12pm - 8pm)	Sun 2/1 (8am – 8pm)
	9:30am Pryme Active Julie	6:30pm Body Attack Elisa	6:15am Body Pump Jamie	6:15am Body Attack Elisa	6:15am MetCon Nana	No classes	9am Int Yoga May
	9:30am Cycle Denise	6:15pm Cycle Sue W	8am Pryme Gym Tom	8:30am Pryme Circuit Tom	9:15am DW Aqua Aerobics Mel		9:30am Cycle Emily
	9:30am MetCon Nana	6:30pm Strength Tom	9am DW Aerobics Mel	9:30am Cycle Mel	9:30am MetCon Nana		10:30am Body Balance Jacqui
	10:30am Body Step Anna		9:30am Body Step Liz	10am Int Yoga Kristian	10am Pryme Active Sue W		4:30pm Yoga Susie
	10:30am Gentle Yoga Susie		9:30am MetCon Tom	10:30am Barre Fusion Paris	11:00am Pryme Dance Paris		
	6:30pm Body Pump Liz		10:30am Groove Paris	11am Pilates Sue	11:00am Yoga Susie		
			10:30am Pilates Sue W	11:30am Pryme Strength Tom	11:45am GWE Mel		
			11:45am GWE Mel	11:45am Aqua Aerobics Mel			
			5:30pm Boxing Tom	5:45pm MetCon Tom			
			6pm Cycle Peter				

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WEEK 3	Mon 3/1 (8am - 8pm)	Tues 4/1 (6am - 9:30pm)	Wed 5/1 (6am - 9:30pm)	Thurs 6/1 (6am - 9:30pm)	Fri 7/1 (6am - 9:30pm)	Sat 8/1 (8am - 8pm)	Sun 9/1 (8am - 8pm)
	8:15am MetCon Nana	6:15am Body Step Emily	6:15am Body Pump Jamie	6:15am Body Attack Elisa	6:15am MetCon Nana	8am Body Step Liz	8:30am Body Art Jacqui
	8:30am DW Running Robyn	10:30am Body Balance Jacqui	8am Pryme Gym Tom	7:30am DW Running Robyn	9:15am DW Aqua Aerobics Mel	8am MetCon Tom	9am Int Yoga May
	9:30am Pryme Active Julie	6:30pm Body Attack Elisa	9am DW Aerobics Mel	8:30am Pryme Circuit Tom	9:30am MetCon Nana	8:30am Cycle Peter	9:30am Cycle Emily
	9:30am Cycle Denise	6:30pm Strength Tom	9:30am Body Step Liz	9:30am Cycle Mel	10am Pryme Active Sue W	9am MetCon Tom	10:30am Body Balance Anna
	9:30am MetCon Nana	7pm Vinyasa Yoga Debby	9:30am MetCon Tom	9:30am Total Tone Jacqui	11:00am Pryme Dance Claudia	9:30am Yoga Claire	4:30pm Yoga Susie
	10:30am Body Step Anna		10:30am Pilates Sue W	10am Int Yoga Kristian	11:00am Yoga Susie	10am DW Running Mel	
	10:30am Gentle Yoga Susie		11:45am GWE Mel	11am Pilates Kirsty	11:45am GWE Mel	10:30am Yoga Kristian	
	11:30am Pryme Strength Tom		5:30pm Boxing Tom	11:30am Pryme Strength Tom	12pm DNB Susie		
	5:45pm MetCon Tom		6pm Cycle Peter	11:45am Aqua Aerobics Mel	6pm Gentle Yoga May		
	6:30pm Body Pump Liz			5:45pm MetCon Tom			

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WEEK 4	Mon 10/1 (6am – 9:30pm)	Tues 11/1 (6am – 9:30pm)	Wed 12/1 (6am – 9:30pm)	Thurs 13/1 (6am – 9:30pm)	Fri 14/1 (6am – 9:30pm)	Sat 15/1 (8am - 8pm)	Sun 16/1 (8am – 8pm)
	6:15am Body Pump Jen	6:15am Body Step Emily	6:15am Body Pump Jamie	6:15am Body Attack Elisa	6:15am MetCon Nana	8am Body Step Liz	8:30am Body Art Jacqui
6:15am MetCon Nana	9am DW Running Robyn	8am Pryme Gym Tom	7:30am DW Running Robyn	8:15am Aqua Aerobics Mel	8am MetCon Tom	9am Int Yoga May	
7:30am DW Running Robyn	9:30am Pryme Circuit Julie	9am DW Aerobics Mel	8:30am Pryme Circuit Tom	9:15am DW Aqua Aerobics Mel	8:30am Cycle Peter	9:30am Cycle Emily	
9am DW Running Robyn	9:30am Cycle Kanella	9:30am Yoga Susie	9:30am Cycle Mel	9:15am Pryme Circuit Tom	9am MetCon Tom	9am Strength Nima	
9:15am Pilates May	12pm Pryme Strength Sue H	9:30am Body Step Liz	9:30am Kettlebell Tom	9:30am MetCon Nana	9:30am Yoga Claire	10:30am Body Balance Jacqui	
9:30am Pryme Active Julie	1:30pm Pryme for Seniors Sue H	9:30am MetCon Tom	10am Int Yoga Kristian	10am Pryme Active Sue W	10am DW Running Mel	4:30pm Yoga Sasha	
9:30am Cycle Denise	3pm BSV Gym Bob	10:30am Pilates Sue W	10:30am Barre Fusion Paris	11:00am Pryme Dance Paris	10:30am Yoga Kristian		
9:30am MetCon Nana	5:15pm BSV Boxing Tom	11:45am GWE Mel	11am Pilates Kirsty	11:00am Yoga Susie			
10:30am Body Step Anna	6pm Pilates Claudia	5:30pm Boxing Tom	11:30am Pryme Strength Tom	11:45am GWE Mel			
10:30am Gentle Yoga Susie	6:15pm Cycle Sue W	6pm Cycle Peter	11:45am Aqua Aerobics Mel	12:30pm Pilates Zoe			
11:30am Pryme Strength Tom	6:30pm Body Attack Elisa	6pm Body Balance Jamie	5:30pm Body Pump Sheenal	6pm Gentle Yoga May			
11:45am GWE Robyn	6:30pm Strength Tom	6:30pm Zumba Morella	5:45pm MetCon Tom				
5:45pm MetCon Tom	7pm Vinyasa Yoga Debby		6pm Cycle Peter				
6:30pm Body Pump Liz							