

HAWTHORN AQUATIC AND LEISURE CENTRE

CHRISTMAS GROUP FITNESS TIMETABLE



WEEK 1	Mon 21/12	Tues 22/12	Wed 23/12	Thurs 24/12	Fri 25/12	Sat 26/12	Sun 27/12
6:00am	6.15am Body Pump 6.15am Cycle	6.15am Body Step	6.15am Body Pump 6.15am Virtual Cycle	6.15am Body Attack 6.15am Metcon			
8:00am	8.00am Deep Water Running			8.00am Deep Water Running 8.15am Pryme Circuit			
9:00am	9.15am Metcon 9.15am Body Balance	9.00am Deep Water Aqua 9.15am Cycle	9.00 Deep Water Running 9.15am Body Step 9.15am Vinyasa Yoga	9.15am Virtual Cycle		9.15am- Body Pump 9.15am- METCON 9.15AM- Cycle	9:15am Body Pump
10:00am	10.15am Gentle Yoga	10.15am Zumba 10.15am Body Balance	10.15am Groove 10.15am Pilates	10.15am Yoga		10.15am Yoga	10.15am Cycle 10:45am Body Balance
11:00am							
12:00pm	12.00pm Gentle Water Exercise 1.00pm Aquacise		12.15pm Dance for Neurobalance				
1:00pm		1.15pm Pryme for Seniors					
4:00pm							4.15pm Yoga
5.00pm	5.15pm Metcon	5.15pm Metcon 5.15pm Body Pump					
6.00pm	6.15pm Body Pump	6.15pm Body Attack	6.15pm METCON 6.15pm Zumba				
7.00pm	7.15pm Zumba		7.15pm Vinyasa Yoga				

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WEEK 2	Mon 28/12	Tues 29/12	Wed 30/12	Thurs 31/12	Fri 1/1	Sat 2/1	Sun 3/1
6:00am			6.15am Body Pump				
8:00am	8.00am: Deep Water Aqua					8.15am Body Step	
9:00am	9.15am METCON	9.00am- Deep Water Running	9.00am- Deep Water Aqua 9.15am- Body Step 9.15am- Vinyasa Yoga	9.15am Cycle		9:15am Body Pump 9.15am- METCON 9.15am Cycle	9:15am Body Pump
10:00am	10.15am Gentle Yoga	10.15am Zumba	10.15am- Pilates	10.15am Yoga		10.00am Deep Water Running 10.15am- Yoga	
11:00am							
12:00pm							
4.00pm							4.15pm Yoga
5:00pm	6.15pm Body Pump	5.15pm- METCON					
6:00pm							
7.00pm							

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WEEK 3	Mon 4/1	Tues 5/1	Wed 6/1	Thurs 7/1	Fri 8/1	Sat 9/1	Sun 10/1
6:00am	6.15am Body Pump 6.15am Virtual Cycle		6:15am Body Pump 6.15am Cycle	6.15am Metcon			
8:00am	8:00am Deep Water Aqua			8.00 Deep Water Running 8.15am Pryme Circuit		8.15am Body Step	
9:00am	9:15am METCON	9.00am Deep Water Running	9.00 Deep Water Aqua 9.15am: Body Step 9.15am Vinyasa Yoga	9.15am Cycle	9.00am Deep Water Running 9:30am Body Pump 9.15am METCON	9:15am Body Pump 9.15am Metcon 9.15am Cycle	9:15am Body Pump
10:00am	10.15am- Gentle Yoga	10.15am: Zumba	10.15am: Pilates 10.15am Groove	10.15am Yoga	10.00am: Pryme Active	10.00 Deep Water Running 10:15am Yoga	
11:00am					11.00am Pryme Dance		
12:00pm	12.00 Gentle Water Exercise	1.15pm Pryme for Seniors	12.00pm Gentle Water Exercise 12.15pm Dance for Neurobalance				
4:00pm							4.15pm Yoga
5:00pm	5.15pm METCON	5:15pm Body Pump 5.15pm Pilates 5.15pm: METCON					
6:00pm		6:15pm Cycle	6.15pm Zumba 6.15pm METCON 6.15pm Cycle	6.15pm Body Pump			
7.00pm	7.15pm Zumba		7.15pm Vinyasa Yoga				

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WEEK 4	Mon 11/1	Tues 12/1	Wed 13/1	Thurs 14/1	Fri 15/1	Sat 16/1	Sun 17/1
6:00am	6.15am Body Pump 6.15am Cycle		6:15am Body Pump 6.15am Cycle	6.15am Metcon			
8:00am	8:00am Deep Water Aqua			8.00 Deep Water Running 8.15am Pryme Circuit		8.15am Body Step	
9:00am	9:15am METCON	9.00am Deep Water Running	9.00 Deep Water Aqua 9.15am: Body Step 9.15am Vinyasa Yoga	9.15am Cycle	9.00am Deep Water Running 9:30am Body Pump 9.15am METCON	9:15am Body Pump 9.15am Metcon 9.15am Cycle	9:15am Body Pump
10:00am	10.15am-Gentle Yoga	10.15am: Zumba	10.15am: Pilates 10.15am Groove	10.15am Yoga	10.00am: Pryme Active	10.00 Deep Water Running 10:15am Yoga	
11:00am					11.00am Pryme Dance		
12:00pm	12.00 Gentle Water Exercise	1.15pm Pryme for Seniors	12.00pm Gentle Water Exercise 12.15pm Dance for Neurobalance				
4:00pm							4.15pm Yoga
5:00pm	5.15pm METCON	5:15pm Body Pump 5.15pm Pilates 5.15pm: METCON					
6:00pm	6:15pm Body Pump	6:15pm Cycle	6.15pm Zumba 6.15pm METCON 6.15pm Cycle	6.15pm Body Pump			
7:00pm	7.15pm Zumba		7.15pm Vinyasa Yoga				