

MARC Festive Period Group Fitness Timetable



Week 1

Week 2

Week 3

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Dec 15		Dec 16		Dec 17		Dec 18		Dec 19		Dec 20		Dec 21	
Classes as normal		Classes as normal		Classes as normal		Classes as normal		Classes as normal <i>Last Boomers class for 2025</i>		Classes as normal		Classes as normal	
Dec 22		Dec 23		Dec 24 (5.30am-4pm)		Dec 25		Dec 26		Dec 27		Dec 28	
Classes as normal • <i>No Boomers class today</i>		5.45am	Spin - 9	6.00am	Circuit - 1	Closed	Closed		8.00am	Spin - 9	9.00am	Body Balance - 2	
		6.30am	Cor30 - 3	7.00am	Spin - 9				8.15am	Aqua - 5			
		7.15am	Aqua - 5	7.00am	Zen Chair yoga - 8				8.30am	Circuit - 3			
		8.15am	Aqua - 6	7.15am	Aqua - 5				8.30am	Yoga - 8			
		9.00am	Xmas Medley - 1	8.15am	Aqua - 5 / Aqua - 6				8.45am	Pump 30 - 2			
		9.00am	Hatha Yoga - 8	9.00am	Vinyasa Yoga - 8				9.15am	ABT - 2			
		9.15am	Spin - 9	9.00am	SWOT - 3				9.45am	Rollout - 8			
		9.15am	Aqua Max - 7	9.15am	Aqua - 6								
		10.25am	Zumba - 1	9.15am	Step 30 - 1								
		4.15pm	Restorative Yoga-8	9.30am	Spin - 9								
		5.00pm	Tone it Up - 2	9.45am	Pump 30 - 1								
		5.15pm	Step 45 - 1	10.25am	Body Balance - 1								
		5.30pm	Spin - 9	1.00pm	Restorative Yoga-8								
		6.00pm	Body balance - 1										
		6.00pm	Restorative Yoga-8										
Dec 29		Dec 30 (5.30am-7pm)		Dec 31 (5.30am-4pm)		Jan 1		Jan 2		Jan 3		Jan 4	
7.15am	Aqua - 5	7.15am	Aqua - 5	7.00am	Zen Chair yoga - 8	Closed		7.15am	Aqua - 5	8.00am	Spin - 2	9.00am	Body Balance - 2
8.15am	Aqua - 5 / Aqua - 6	8.00am	Pump 60 - 2	7.15am	Aqua - 5			8.15am	Aqua - 5 / Aqua - 6	8.15am	Aqua - 5		
8.45am	Spin - 9	8.00am	Pilates - 2	8.00am	Pilates - 2			9.00am	SWOT - 3	8.30am	Circuit - 3		
9.00am	SWOT - 3	8.15am	Aqua - 6	8.15am	Aqua - 5 / Aqua - 6			9.00am	Zen Yoga - 8	8.30am	Yoga - 8		
9.15am	Aqua - 6	9.00am	Hatha Yoga - 9	8.30am	Spin - 9			9.15am	Aqua - 6	8.45am	Pump 30 - 2		
9.15am	Pump 45- 2	9.15am	Spin - 9	9.00am	Vinyasa Yoga - 8			9.15am	Spin - 9	9.15am	ABT - 2		
9.30am	Spin - 9	9.15am	Aqua Max - 7	9.00am	SWOT - 3			9.15am	Pump 45 -2	9.45am	Rollout - 8		
10.25am	Body Balance - 2	9.45am	Pump 30 - 2	9.15am	Pump 45 - 2			10.25am	Zen Yoga - 8				
4.15pm	Vinyasa Yoga - 8	10.25	ABT - 2	9.15am	Aqua - 6			1.00pm	Restorative Yoga-8				
5.00pm	Strength & Cond-3	4.15pm	Restorative Yoga-8	10.25am	Body Balance - 2								
6.00pm	Zen Yoga - 8	5.00pm	Tone it up - 2										
		5.30pm	Spin - 9										

Class Locations 1. Studio 1 2. Studio 2 3. Outdoor Gym 4. Creche 5. Indoor Pool 6. Outdoor Shallow 7. Outdoor Deep 8. Swim club rooms 9. Events Foyer

