

Kings Birthday Long Weekend

Centre opening hours

	Saturday 27 September	Sunday 28 September	Monday 29 September
Centre	6.30am - 6.00pm	7.30am - 6.00pm	7.30am - 2.00pm
Gym	6.30am - 5.30pm	7.30am - 5.30pm	7.30am - 2.00pm
Creche	7.30am - 11.30am	Closed	8.00am - 11.30am
Cafe	7.30am - 4.00pm	7.30am - 4.00pm	9.00am - 1.00pm

Group Fitness Timetable

	Saturday 27 September	Sunday 28 September	Monday 29 September
7.45am	1 META FIT 30		
8.00am	2 SPIN 45		
8.15am	5 AQUA		5 AQUA
8.30am	1 LES MILLS BODYPUMP 30 3 CIRCUIT 45 8 ZEN YOGA		2 SPIN 30
9.00am		1 LES MILLS BODYBALANCE	
9.15am	1 LES MILLS BODYSTEP 45 2 ABT 30		1 LES MILLS BODYSTEP 30
9.45am			1 LES MILLS BODYPUMP 30
10.25am	2 ROLLOUT MASSAGE		1 LES MILLS BODYBALANCE

Class Locations

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|-------------|----------------|-------------------------|----------------------|---------------------|
| 1. Studio 1 | 3. Outdoor Gym | 5. Indoor Pool | 7. Outdoor 50m- Deep | 9. Show Court 1 |
| 2. Studio 2 | 4. Creche | 6. Outdoor 50m- Shallow | 8. Swim club rooms | 10. Stadium Court 1 |

