

Australia Day Weekend Public Holiday*

Group Fitness Timetables

Monday, 27 January 2025



8:00am

Silver Sneakers

Spin

9:30am

BodyPump

10:30am

Pilates

9:30am

Body Pump

10:30am

Yoga

10:15am

Silver Sneakers

*Classes running as normal on Sat, 25 Jan & Sun, 26 Jan