

SUTHERLAND LEISURE CENTRE

FESTIVE SEASON TIMETABLE

	AEROBIC STUDIO	CIRCUIT	SPIN	AQUA
24 DECEMBER 5AM - 3PM	5:45am: Pump 8:00am: Masters Pump 9:15am: Body Step 10:15am: Pump 11:30am: Barre 45 12:30pm: Pilates	6:00am: Circuit 45 8:00am: Body Balance 9:15am: Circuit 10:30am: Light 45	6:00am: F/S or RPM 9:15am: F/S or RPM	6:00am: Power 45 8:00am: Senior 45 8:15am: Deep 45 9:30am: Power 9:30am: Deep 45 10:30am: Gentle 45
25 DECEMBER	CLOSED			
26 DECEMBER	OPEN 7AM - 7PM - PUBLIC HOLIDAY - NO GROUP FITNESS CLASSES			
27 DECEMBER 5AM - 7PM	5:45am: Pump 8:00am: Rhythm Fit 9:00am: Metafit 30 9:30am: MetaPWR 30 10:30am: Pump 12:15pm: Barre 45 4:30pm: Pump	6:00am: Circuit 45 8:00am: Body Balance 9:15am: Circuit 10:30am: Mid Pace 45 11:30am: Gentle 45 4:30pm: Circuit	5:45am: F/S or RPM 8:15am: Gentle F/S 9:15am: F/S or RPM	7:00am: Senior 45 8:00am: Combo 45 8:15am: Deep 45 9:30am: Power 9:30am: Deep 45 10:30am: Gentle 45 10:30am: Deep 45
28 DECEMBER 5:30AM - 7PM	7:00am: Yoga 8:00am: Barre 45 9:00am: Body Step 10:15am: Pump 5:00pm: Body Balance	7:00am: Circuit 9:15am: FX 45 4:00pm: FX 45	9:15am: F/S or RPM	7:00am: Power 45 8:00am: Power 9:00am: Deep 45
29 DECEMBER 7AM - 7PM	8:00am: Boxing 45 9:00am: Pump 10:15am: Pilates 4:00pm: Pump 5:15pm: Yoga	7:30am: Circuit 4:00pm: Circuit	8:00am: F/S or RPM 60	8:00am: Power 9:00am: Deep 45
30 DECEMBER 5AM - 7PM	6:00am: Yoga 8:15am: Body Balance 9:15am: Barre 45 10:15am: HIIT 12:15pm: Pump 2:15pm: Yoga 4:30pm: Pump 5:30pm: Metafit/Abs	6:00am: FX 45 8:15am: Mid Pace 45 9:15am: Circuit 10:30am: Gentle 45 4:30pm: Circuit 5:45pm: Circuit	5:45am: F/S or RPM 7:00am: F/S or RPM 8:15am: Gentle F/S 9:15am: F/S or RPM 4:30pm: F/S or RPM 5:45pm: F/S or RPM	7:00am: Senior 45 8:00am: Senior 45 8:15am: Deep 45 9:30am: Power 9:30am: Deep 45 10:30am: Gentle 45 10:30am: Deep 45
31 DECEMBER 5AM - 3PM	5:45am: Pump 8:00am: Masters Pump 9:15am: Body Step 10:15am: Pump 11:30am: Barre 45 12:30pm: Pilates	6:00am: Circuit 45 8:00am: Body Balance 9:15am: Circuit 10:30am: Light 45	6:00am: F/S or RPM 9:15am: F/S or RPM	6:00am: Power 45 8:00am: Senior 45 8:15am: Deep 45 9:30am: Power 9:30am: Deep 45 10:30am: Gentle 45
1 JANUARY	OPEN 12PM TO 7PM - PUBLIC HOLIDAY - NO GROUP FITNESS CLASSES			

