

# GROUP FITNESS TIMETABLE

## PUBLIC HOLIDAY

### FRIDAY 26 SEPTEMBER

FACILITY OPERATIONAL HOURS  
**8AM- 4PM**

#### GROUP FITNESS STUDIO

8:15AM	ZUMBA
9:30AM	CORE & MORE
10:30AM	MOMENTUM

#### CYCLE STUDIO

9:15AM	CYCLE
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#### AQUA

8:30AM	AQUA MOVERS
9:30AM	AQUA ZUMBA
10:45AM	AQUA MOVERS
11:45AM	AQUA FLOW

#### CONNECT30 - GYM FLOOR

8:30AM	C30 SPEED
9:15AM	C30 SPEED
12:00PM	C30 SPEED

#### REFORMER PILATES STUDIO

8:15AM	REFORMER (VIRTUAL)
9:15AM	REFORMER
10:15AM	REFORMER
12:15PM	REFORMER (VIRTUAL)
2:30PM	REFORMER (VIRTUAL)

**YAWA.**  
AQUATIC CENTRE