

REGULAR  
TIMETABLE  
RESUMES FROM  
**THURSDAY 2  
JANUARY  
2025**

# CHRISTMAS & NEW YEAR

## Opening Hours & Group Fitness Timetable

	TUES 24 DEC 5am - 12pm	WED 25 DEC	THUR 26 DEC	FRI 27 DEC 6am - 6pm	SAT 28 DEC 8am - 6pm	SUN 29 DEC 8am - 6pm	MON 30 DEC 6am - 6pm	TUES 31 DEC 6am - 12pm	WED 1 JAN
6.15am	LES MILLS RPM 45	CLOSED CHRISTMAS DAY	CLOSED BOXING DAY	LES MILLS RPM 50	CLOSED	CLOSED	LES MILLS RPM 50		CLOSED NEW YEARS DAY
6.30am								LES MILLS RPM 50	
8.30am	BODY SCULPT 45			DANCEFIT 45	LES MILLS BODYATTACK 45	LES MILLS BODYPUMP 45	YOGA 45	LES MILLS RPM 50	
9.00am	AQUA FITNESS 45			AQUA FITNESS 45	AQUA FITNESS 45	AQUA FITNESS 45			
9.30am	LES MILLS RPM 30			LES MILLS RPM 50	LES MILLS sprint 30	LES MILLS BODYPUMP 45			
10.30am						LES MILLS sprint 30	LES MILLS RPM 30		
2.30pm	CLOSED			LES MILLS RPM 50				CLOSED	
4.30pm					LES MILLS RPM 50		LES MILLS RPM 50		

45 Indicates class time in minutes

Find this timetable online at: [aquafit.com.au](http://aquafit.com.au)



Virtual Class



Café Blue will be closed from Christmas Eve and RE-OPEN on Thursday 2 January 2025

Got questions?  
Contact our team on  
46 297 297



[aquafit.com.au](http://aquafit.com.au)