

Christmas Eve Classes

8.15am Aqua Movers

Cycle Studio Classes	Group Fitness Studio Classes
5.45am Virtual RPM	5.45am Virtual Body Pump (E)
6.15am Virtual RPM	6.20am Virtual Body Balance
7.15am Virtual RPM	7.20am Virtual CX Worx
8.15am Virtual RPM	8.00am Strong Movers
	9.00am Virtual Body Pump (E)
9.30am RPM	9.30am Virtual Sh'Bam
10.45am Virtual RPM	10.45am Barre
12.15pm Virtual RPM	12.00pm Virtual Body Balance
1.15pm Virtual RPM	1.00pm Virtual Body Pump (E)
4.00pm Virtual RPM (E)	3.30pm Virtual Body Combat
4.30pm Virtual RPM (E)	4.30pm Virtual Sh'Bam
5.15pm Virtual RPM	5.30pm Virtual Body Pump

Centre Opening Hours 5.30am til 7pm