

# GROUP X

## FESTIVE TIMETABLE

Sat 23 December 2023 - Sun 07 January 2024

### 23 December

1000-1045 - Body Pump  
1500-1545 - Deep Water Aerobics

### 24 December

NO CLASSES

### 25 - 27 December

CENTRE CLOSED

### 28 December

1615-1700 - Body Pump  
1730-1815 - Coach By Color

### 29 December

0930-1015 - Get Fit  
1030-1115 - Chair Based Exercise  
1145-1215 - Stretch & Flex

### 30 December

0930-1015 - Body Pump  
1045-1115 - Coach By Color  
1500-1545 - Deep Water Aerobics

### 31 December

NO CLASSES

### 01-03 January

CENTRE CLOSED

### 04 January

0700-0745 - Circuits  
1730-1815 - BoxFit

### 05 January

0700-0745 - Coach By Color  
0930-1015 - Get Fit  
0930-1015 - Get Fit II  
1030-1115 - Chair Based Exercise  
1145-1215 - Stretch & Flex

### 06 January

0900-0945 - Coach By Color  
1000-1045 - Body Pump (new release)  
1500-1545 - Deep Water Aerobics

### 07 January

0900-0945 - Dance Aerobics  
1630-1730 - Masters Swimming



*Merry  
Christmas and  
Happy New  
Year from the  
Fitness and  
Group X team!*

