

23 Dec 2024 to 12 Jan 2025

HOLIDAY TIMETABLE

Eagle Vale Central

Aqua Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
9am		Aqua Fitness			Aqua Fitness
10am					Gentle Exercise
7pm	Aqua Fitness			Aqua Fitness	

Group Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15am	Sculpt & Tone	HIIT			HIIT
10:30am		Balance		Balance	
6pm	HIIT				

23 Dec 2024 to 19 Jan 2025

HOLIDAY TIMETABLE

Macquarie Fields Leisure Centre

Aqua Classes

	Monday	Tuesday	Wednesday	Thursday	Friday*
9:30AM					Aqua Fitness
10am		Aqua Fitness		Aqua Fitness	
10:45am					Gentle Exercise
11:45am		Gentle Exercise		Aqua Fitness	

* Friday Aqua Classes on 27 Dec and 17 Jan only

Macquarie Fields Fitness & Indoor Sports Centre

Group Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am						Bootcamp
8:30am						Spin
9am	Spin	Balance	HIIT	Spin	Freestyle	
10am	Stretch					
6pm	Spin	Strength & Conditioning	Spin	HIIT		
6:45pm	ABTs					
7pm				Stretch		

* no evening classes on 24 Dec, 31 Dec & 1 Jan