

Group Fitness Timetable – Harold Holt Health Club							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 am	Max Combo	Active Adults <b>*NEW*</b> BodyPump	Max Strength	Max Combo	HIIT45		
7:00 am						Aqua	
7:15 am	Active Adults	Mat Pilates	Active Adults	Spin/Cycle			
7:30 am	Active Aqua	<b>*NEW*</b> Aqua	Active Aqua		Active Aqua		
7:45 am						Yoga + Meditation	
8:00 am		Meditation				Body Pump	
8:15 am	Active Adults	Active Adults	Active Adults Circuit	Active Adults	Active Adults		
9:00 am							Active Adults
9:15 am			Active Adults Deep Water Aqua		Deep Water Aqua	Zumba Fitness	
9:30 am						Circuit	
10:00 am		Yoga		Yoga			Mat Pilates
10:15am			Yoga			Yoga + Meditation (75 mins)	
10:30 am	Yoga					Boxing	
11:00 am			Active Aqua		Active Aqua Yoga		
11:15 am		Active Adults		Active Adults			
12:00 pm			Body Pump				
12:15 pm					Active Adults Zumba Gold		
12:30 pm			Mat Pilates				
4:00 pm							<b>*NEW*</b> Les Mills BodyBalance
6:00 pm	Max Strength	Boxing Yoga Deep Water Aqua	Mat Pilates	<b>*NEW*</b> Yoga Max Combo			
7:15 pm		Zumba Fitness Body Pump	Zumba Gold/ Toning				
7:30 pm	Aqua						

Some class times and locations are in place temporarily while the walkway works are in