

Group fitness timetable – Harold Holt Health Club							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 am	Max Combo	Active Adults BodyStep	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		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 Body Pump
9:15 am			Active Adults Deep Water Aqua		Deep Water Aqua	Zumba Fitness	
9:30 am						Circuit	
10:00 am		Yoga	Yoga	Yoga			Mat Pilates
10:15 am						Yoga + Meditation (75 mins)	
10:30 am	Yoga					Boxing	
11:00 am		Active Adults	Active Aqua	Active Adults	Active Aqua Yoga		
12:00 pm			Body Pump Express (30-min)		Active Adults Zumba Gold		
12:30 pm			Mat Pilates				
6:00 pm	Max Strength Mat Pilates	Boxing Yoga Deep Water Aqua	Body Pump Mat Pilates	Max Combo			
7:15 pm		Zumba Fitness Body Pump	Zumba Gold/Toning				
7:30 pm	Aqua						

Legend: ● Group Fitness Studio ● Program Room ● Indoor 25m Pool ● Outdoor Dive Pool ● Online