



# Melbourne City Baths Group Fitness Holiday Timetable

**Monday 25 December 2023 – Sunday 31 December 2023**

## Monday

Session Time	Activity	Location

## Tuesday

Session Time	Activity	Location

## Wednesday

Session Time	Activity	Location
9.00am	Aqua	Program Pool
9.00am	PRIME Circuit	Gym Studio
10.00am	Aqua	Program Pool
11.00am	VIRTUAL BodyAttack	Group Fitness Studio
11.00am	Aqua	Program Pool
12.15pm	GRIT Strength	Group Fitness Studio
5.30pm	Yoga	Group Fitness Studio
5.30pm	HIIT	Gym Studio

**Thursday**

<b>Session Time</b>	<b>Activity</b>	<b>Location</b>
9.00am	PRIME Circuit	Gym Studio
10.00am	PRIME Pilates	Group Fitness Studio
10.00am	Reformer Pilates	Reformer Studio
11.00am	VIRTUAL BodyBalance	Group Fitness Studio
12.00pm	Reformer Pilates	Reformer Studio
12.15pm	BodyPump	Group Fitness Studio
1.00pm	Reformer Pilates	Reformer Studio
5.30pm	VIRTUAL BodyPump	Group Fitness Studio
5.30pm	HIIT	Gym Studio

**Friday**

<b>Session Time</b>	<b>Activity</b>	<b>Location</b>
6.15am	HIIT	Gym Studio
9.00am	PRIME Circuit	Gym Studio
11.00am	VIRTUAL BodyBalance	Group Fitness Studio
11.00am	Aqua	Program Pool
12.00pm	Aqua	Program Pool
5.30pm	Yoga	Group Fitness Studio
5.30pm	Circuit	Gym Studio

**Saturday**

<b>Session Time</b>	<b>Activity</b>	<b>Location</b>
9.00am	HIIT	Gym Studio
9.30am	BodyPump	Group Fitness Studio
9.30am	Reformer Pilates	Reformer Studio
10.30am	BodyAttack	Group Fitness Studio
10.30am	Reformer Pilates	Reformer Studio

**Sunday**

<b>Session Time</b>	<b>Activity</b>	<b>Location</b>
9.00am	Circuit	Gym Studio
9.30am	VIRTUAL Sh'Bam	Group Fitness Studio
10.30am	Yoga	Group Fitness Studio
11.30am	Core	Group Fitness Studio