

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

| **Session Time** | **Activity** | **Location** |
| --- | --- | --- |
| 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

| **Session Time** | **Activity** | **Location** |
| --- | --- | --- |
| 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

| **Session Time** | **Activity** | **Location** |
| --- | --- | --- |
| 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

| **Session Time** | **Activity** | **Location** |
| --- | --- | --- |
| 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 |