

Group Fitness Timetable

Christmas 2025



			Christmas Eve	Christmas Day	Boxing Day		
	MON 22/12	TUE 23/12	WED 24/12	THU 25/12	FRI 26/12	SAT 27/12	SUN 28/12
6:00am	Boxing	Virtual Grit Cardio	Virtual BodyPump				
	Sprint	Relentless HIIT	Cycle				
7:30am	Virtual BodyPump	Virtual Les Mills Core	Virtual Grit Cardio			(8:15am) Relentless HIIT	
8:20am	(8:30am) Active Gym	Virtual BodyBalance	Tai Chi			Les Mills Shapes	(8:10am) RPM
8:45am	AquaMovers	AquaMovers				(8:30am) RPM	AquaFit
9:20am	BodyAttack				BodyCombat	(9am) Relentless HIIT	(9am) BodyPump
	RPM		(9:30am) Power		Cycle		
9:30am	AquaMovers	AquaFit	AquaMovers		AquaMovers	Zumba	
	Relentless Strength	Zumba	BodyStep			(9:45am) Relentless HIIT	
10:15am		Les Mills Thrive				BodyAttack	BodyBalance
10:25am	Les Mills Core		(10:30am) Deep Water		Virtual Les Mills Core		
11:00am	BodyBalance	Pilates	BodyPump		BodyPump		
		Uplifted Ladies					
12:15pm	Virtual BodyPump Exp	Virtual BodyAttack Exp	Virtual BodyBalance Exp		Virtual Les Mills Dance Exp	Virtual BodyCombat	Virtual Les Mills Dance
1:30pm		Virtual Stretch					
4:30pm	Virtual BodyCombat	Virtual Les Mills Dance			Virtual BodyBalance		
5:30pm	BodyPump	BodyAttack			Virtual BodyPump	Virtual Les Mills Dance	Virtual BodyPump
6:00pm	RPM	Relentless HIIT					
	Relentless HIIT						
6:30pm	BodyStep	BodyPump					Virtual BodyBalance
		RPM					
7:00pm	Relentless Strength						
7:15pm	AquaFit						
7:30pm	(7:20pm) Shapes	Zumba					
8:00pm	BodyBalance	(8:15pm) Boxing					

Opening Hours

Christmas Eve: 6am–4pm

Christmas Day: CLOSED

Boxing Day: 8am–8pm

New Year's Eve: 6am–5pm

New Year's Day: 12pm–8pm

 Group Fitness Room

 Virtual Class

 Cycle Studio

 Gym Floor

 Aqua

CASEY ARC
AQUATIC & RECREATION CENTRE

Group Fitness Timetable

Christmas 2025



			NY Eve	NY Day			
	MON 29/12	TUE 30/12	WED 31/12	THU 1/1	FRI 2/1	SAT 3/1	SUN 4/1
6:00am	Boxing	Virtual Grit Cardio	Virtual BodyPump		Boxing		
	Sprint	Relentless HIIT	RPM				
7:30am	Virtual BodyPump	Virtual Les Mills Core	Virtual Grit Cardio		Virtual Grit Strength	(8:15am) Relentless HIIT	
8:20am	(8:30am) Active Gym	Virtual BodyBalance	Tai Chi		Pilates	Les Mills Shapes	(8:10am) Cycle
8:45am	AquaMovers	AquaMovers				(8:30am) RPM	AquaFit
9:20am	BodyAttack				BodyCombat	(9am) Relentless HIIT	(9am) BodyPump
	RPM				RPM		
9:30am	AquaMovers	AquaFit	AquaMovers		AquaMovers	Zumba	
	Relentless Strength	Zumba	Relentless Power		Relentless HIIT	(9:45am) Relentless HIIT	
			BodyStep				
10:15am						BodyAttack	Yoga
10:25am	Les Mills Core		(10:30am) Deep Water		Virtual Les Mills Core		
11:00am	BodyBalance	Pilates	Virtual BodyPump		BodyPump		
		Uplifted Ladies					
12:15pm	Virtual BodyPump Exp	Virtual BodyAttack Exp	Virtual BodyBalance Exp	Virtual Grit Strength	Virtual Les Mills Dance Exp	Virtual BodyCombat	Virtual Les Mills Dance
1:30pm		Virtual Stretch		(1pm) 2 hour RPM			
4:30pm	Virtual BodyCombat	Virtual Les Mills Dance		Virtual Les Mills Core	Virtual BodyBalance		
5:30pm	BodyPump	BodyAttack		Virtual BodyAttack	BodyPump	Virtual Les Mills Dance	Virtual BodyPump
6:00pm	RPM	Relentless HIIT					
	Relentless HIIT						
6:30pm	BodyStep	BodyPump		Virtual BodyCombat	(6:45pm) Yoga		Virtual BodyBalance
		RPM					
7:00pm	Relentless Strength						
7:15pm	AquaFit						
7:20pm	Les Mills Core	(7:30pm) Zumba					
8:00pm	Virtual BodyBalance	(8:15pm) Boxing					

	Group Fitness Room		Gym Floor		Cycle Studio
	Virtual Class		Aqua		