

Group Fitness Timetable



Christmas 2025




			Christmas Eve	Christmas Day	Boxing Day		
	MON	TUE	WED	THU	FRI	SAT	SUN
	22/12/25	23/12/25	24/12/25	25/12/25	26/12/25	27/12/25	28/12/25
6:00am	Relentless Strength & Conditioning	RPM	Relentless Power				
7:30am		Relentless HIIT				Sprint	
8:30am			Aqua Movers Warm		Relentless HIIT	(8:10am) RPM	
			Les Mills Thrive			Relentless HIIT	Relentless Strength & Conditioning
9:00am						Boxing	BodyPump
9:30am	Aqua Fit	Aqua Fit	Aqua Movers		Aqua Fit	BodyAttack	
	BodyCombat	BodyPump	BodyBalance		Zumba		
	Relentless HIIT	Relentless Strength & Conditioning	Relentless HIIT		RPM	RPM	
	Sprint		RPM				
10:00am							Les Mills Core
10:30am		Les Mills Core			Aqua Movers Warm	BodyPump	BodyBalance
		Deep Water Workout					
11:00am	BodyPump	Yoga	Zumba		Pilates	(11:30am) Yoga	
12:15pm	Active Gym	Active Movers					
5:30pm	BodyPump						
	(5:40pm) Relentless Rush	Zumba Toning					
6:15pm	Relentless Rush						
6:30pm	BodyAttack	BodyBalance					
		Relentless Strength & Conditioning					
	Sprint	RPM					
7:00pm	Relentless Power						
7:20pm	Les Mills Shapes						
7:30pm	Aqua Fit	BodyPump					
8:00pm	BodyBalance	(7:45pm) Deep Water Workout					

Opening Hours

Christmas Eve: 530am–4pm
 Christmas Day: CLOSED
 Boxing Day: 7am–8pm
 New Year's Eve: 530am–5pm
 New Year's Day: 12pm–8pm

 Group Fitness Room
 Cycle Studio

 Gym Floor
 Aqua

CASEY RACE
 RECREATION &
 AQUATIC
 CENTRE

Group Fitness Timetable

Christmas 2025



			NY Eve	NY Day			
	MON	TUE	WED	THU	FRI	SAT	SUN
	29/12/25	30/12/25	31/12/25	1/1/26	2/1/26	3/1/26	4/1/26
6:00am	Relentless Strength & Conditioning	RPM Relentless HIIT	Relentless Power		Sprint Relentless Rush & Recovery		
7:30am						Sprint	
8:30am			Aqua Movers Warm Les Mills Thrive			(8:10am) RPM Relentless HIIT Boxing	(8:20am) Sprint Relentless Strength & Conditioning
9:00am							BodyPump
9:30am	Aqua Zumba BodyCombat Relentless HIIT Sprint	Aqua Fit BodyPump Relentless Strength & Conditioning	Aqua Movers BodyBalance Relentless HIIT RPM		Aqua Fit Zumba Relentless HIIT	BodyAttack RPM	
10:00am							Les Mills Core
10:30am		Les Mills Core Deep Water Workout			Aqua Movers Warm	BodyPump	BodyBalance
11:00am	BodyPump	Yoga	Zumba		Pilates	(11:30am) Yoga	
12:15pm	Active Gym	Active Movers			Active Gym		
5:30pm	BodyPump (5:40pm) Relentless Rush	Zumba Toning			Power Yoga		
6:15pm	Relentless Rush				Uplifted Ladies		
6:30pm	BodyAttack Sprint	BodyBalance RPM Relentless Strength & Conditioning					
7:00pm	Relentless Power						
7:20pm	Les Mills Shapes						
7:30pm	Aqua Fit	BodyPump					
8:00pm	BodyBalance	(7:45pm) Deep Water Workout					

	Group Fitness Room		Gym Floor
	Aqua		Cycle Studio