

October Long Weekend

Adjusted Timetable

Over the October long weekend, reduced staffing and an adjusted timetable will apply to Group Exercise, Pool, and Learn to Swim. Anytime Fitness and the Women's Gym will remain open 24/7 for members with an access pass.

SATURDAY 3 OCTOBER

Learn to Swim: Running as usual
Reception: Staffed 6:00am-3:00pm

6:00am - 7:00am	Members Access
7:00am	Aqua Aerobics
8:00am	Cycle
9:30am	Zumba
9:30am	HIIT
10:30am	Boxing
2:00pm - 3:30pm	Family Members Access
3:30pm - 6:00pm	Members Access

SUNDAY 4 OCTOBER

Learn to Swim: Running as usual
Reception: Unstaffed

8:00am	Yoga
10:00am	Loaded
11:00am - 3:00pm	Members Access

MONDAY 5 OCTOBER

Learn to Swim: No lessons running
Reception: Staffed 8:00am-12:00pm

8:00am - 12:00pm	Members Access
8:30am	Cross Body
9:30am	Active Living
9:30am	Pilates
10:30am	Flexibility

