

## Group Fitness Timetable School Holidays

**Monday 22/12/25 – Saturday 27/12/25**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	RPM Claire	BODYPUMP Kirsty	GRIT Kris			
6:30am			EXPRESS RPM Kris			
7:00am						EXPRESS RPM Mel
5:00pm	BODYPUMP Mel/Jess					
5:30pm		EXPRESS RPM Jess				
6:00pm	YOGA Di					

**Monday 29/12/25 – Saturday 03/01/26**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	RPM Claire	BOXERCISE Claire	GRIT Kris		RPM Kris	
7:00am						EXPRESS RPM Mel
5:00pm	BODYPUMP Mel/Jess					
5:30pm		EXPRESS RPM Jesss				
6:00pm	YOGA Di					

**Monday 05/01/26 – Saturday 10/01/26**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	RPM Kris	BODYPUMP Kirsty	GRIT Kris	BOXERCISE Kirsty	RPM Claire	CORE30 Claire
7:00am						EXPRESS RPM Claire
5:00pm	BODYPUMP Mel		EXPRESS BODYPUMP Mel			
5:30pm		EXPRESS RPM Mel				
6:00pm			BODYBALANCE Lisa			

### Monday 12/01/26 – Saturday 17/01/26

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	RPM Claire	BODYPUMP Kirsty	GRIT Claire	BOXERCISE Claire	RPM Claire	CORE30 Claire
7:00am						EXPRESS RPM Mel
9:00am				YOGA Di		
5:00pm	BODYPUMP Jess		EXPRESS BODYPUMP Jess			
5:30pm		EXPRESS RPM Jess				
6:00pm	YOGA Di		BODYBALANCE Lisa			

### Monday 19/01/26 – Saturday 24/01/26

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	RPM Claire	BODYPUMP Kirsty	GRIT Kris	BOXERCISE Claire	RPM Kris	CORE30 Claire
7:00am						EXPRESS RPM Mel
9:00am				YOGA Di		
5:00pm	BODYPUMP Mel/Jess		EXPRESS BODYPUMP Mel/Jess			
5:30pm		EXPRESS RPM Jess				
6:00pm	YOGA Di		BODYBALANCE Lisa			

### Monday 26/01/26 – Saturday 31/01/26

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		BODYPUMP Kirsty	GRIT Kris	BOXERCISE Claire	RPM Kris	CORE30 Claire
7:00am						EXPRESS RPM Mel
9:00am				YOGA Di		
5:00pm			EXPRESS BODYPUMP Mel/Jess			
5:30pm		EXPRESS RPM Jess				
6:00pm			BODYBALANCE Lisa			