

CHRISTMAS TIMETABLE - WEEK 1

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	9th Dec	10th Dec	11th Dec	12th Dec	13th Dec	14th Dec	15th Dec
Club Hours	5:30am-7:30pm	5:30am-7:00pm	5:30am-7:00pm	5:30am-7:00pm	5:30am-6:00pm	7:00am-4:00pm	CLOSED 24/7 acces
5:45am	Sprint Virtual	RPM Suz	SPRINT Suz	BodyPump Jess	RPM Suz		
7:15am						BARRE Brendan	
8:00am						RPM Marc	RPM Virtual
8:45am		SPRINT Sharni	Total Body Workout Sharni	Sprint Virtual			
9:00am						BodyPump Rachael	Yoga Amanda
9:30am	RPM Anna W	Total Body Strength Sharni	Yoga Rachael	Total Body Workout Sharni	RPM Suz	Sprint Virtual	
10:15am	Yoga Carlos				Yoga Carlos	Pilates Lorraine	
10:40am		Pilates Rachael		Pilates Rachael			
12:30pm	GRIT Sharni		Sprint Virtual		GRIT Carly		
4:30pm	Pilates Danielle						
5:30pm		Yoga Nadia	BodyCombat Nick	Boxing Elissa			
5:45pm	RPM Anna W	SPRINT Suz	RPM Virtual	SPRINT Marc	Sprint Virtual		
6:30pm	BodyPump Anna W	GRIT Pat	Pilates Nancy	BodyPump Nancy			

CHRISTMAS TIMETABLE - WEEK 2

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	16th Dec	17th Dec	18th Dec	19th Dec	20th Dec	21st Dec	22nd Dec
Club Hours	5:30am-12:30pm 3pm-7pm	5:30am-12:30pm 3pm-7pm	5:30am-12:30pm 3pm-7pm	5:30am-12:30pm 3pm-7pm	5:30am-12:30pm 24/7 access	8:00am-12pm 24/7 access	CLOSED 24/7 acces
5:45am	Sprint Virtual	RPM Marc	Sprint Virtual	BodyPump Anna C	RPM Amanda P		
8:00am		SPRINT Sharni	RPM Virtual	Sprint Virtual		RPM Anna W	RPM Virtual
8:30am	RPM Anna W	Total Body Strength Sharni	Total Body Workout Rachael	Total Body Strength Sharni	SPRINT Sharni		
9:00am							
9:30am	Yoga Carlos		Yoga Rachael	Pilates Rachael		Pilates Lorraine	
10:15am							
12:30pm		RPM Virtual		Sprint Virtual			
5:30pm		Yoga Nadia	BodyCombat Nick				
5:45pm	RPM Anna W	SPRINT Marc	RPM Virtual	SPRINT Doug	Sprint Virtual		
6:30pm	BodyPump Anna W		Yoga Nadia	BodyPump Doug			

Please be aware of our updated club hours over the Christmas period

CHRISTMAS TIMETABLE - WEEK 3

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	23rd Dec	24th Dec	25th Dec	26th Dec	27th Dec	28th Dec	29th Dec
Club Hours	8:00am-12pm 24/7 access	CLOSED 24/7 access	CLOSED 24/7 access	CLOSED 24/7 access	CLOSED 24/7 access	CLOSED 24/7 access	CLOSED 24/7 access
8:00am					<i>RPM Virtual</i>	<i>RPM Virtual</i>	<i>Sprint Virtual</i>
8:30am	RPM Anna W	Total Body Workout Sharni					Yoga Nadia

CHRISTMAS TIMETABLE - WEEK 4

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	30th Dec	31st Dec	1st Jan	2nd Jan	3rd Jan	4th Jan	5th Jan
Club Hours	9:00am-12pm 24/7 access	9:00am-12pm 24/7 access	CLOSED 24/7 access	9:00am-12pm 24/7 access	9:00am-12pm 24/7 access	8:00am-12pm 24/7 access	CLOSED 24/7 access
8:00am						RPM Marc	<i>RPM Virtual</i>
9:00am				<i>Sprint Virtual</i>	<i>RPM Virtual</i>	BodyPump Anna C	Yoga Dara
9:30am	BodyPump Maz	GRIT Vanisha			Yoga Carlos		

**Merry Christmas & Happy
New Year from the Y
Bowen Hills team**

CHRISTMAS TIMETABLE - WEEK 5

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	6th Jan	7th Jan	8th Jan	9th Jan	10th Jan	11th Jan	12th Jan
Club Hours	7:30am-12:30pm 3pm-7pm	7:30am-12:30pm 3pm-7pm	7:30am-12:30pm 3pm-7pm	7:30am-12:30pm 3pm-7pm	7:30am-12:30pm 24/7 Access	8:00am-12pm 24/7 access	CLOSED 24/7 acces
5:45am	RPM <i>Virtual</i>	RPM Marc	SPRINT Suz	BodyPump Anna C	RPM Suz		
7:15am						BARRE Brendan	
8:00am						RPM Marc	RPM <i>Virtual</i>
8:45am		SPRINT Sharni	Total Body Workout Rachael				
9:00am				RPM <i>Virtual</i>		BodyPump Anna C	Yoga Davina
9:30am	RPM Anna W	Total Body Strength Sharni	Yoga Rachael	Total Body Strength Sharni	RPM Suz	Sprint <i>Virtual</i>	
10:15am					Yoga Carlos	Pilates Lorraine	
10:40am	Yoga Carlos	Pilates Rachael		Pilates Rachael			
12:30pm	GRIT Sharni		Sprint <i>Virtual</i>		GRIT Carly		
5:30pm		Yoga Nadia	BodyCombat Nick				
5:45pm	RPM Anna W	SPRINT Marc	RPM <i>Virtual</i>	SPRINT Doug	Sprint <i>Virtual</i>		
6:30pm	BodyPump Maz	GRIT Strength Pat	Pilates Bree	BodyPump Doug			

Normal timetable resumes from 13th January 2025