

# Ripples Group Fitness

## CHRISTMAS TIMETABLE

2023

**FRI**

**22 DEC**

**NO CLASSES**  
FULL CENTRE CLOSURE

**SAT**

**23 DEC**

8:30am  
**BODYPUMP**  
60 MINS (IP)

9:30am  
**BODY COMBAT**  
60 MINS (IP)

9:30am  
**AQUA**  
60 MINS (OP)

**SUN**

**24 DEC**

9:15am  
**BODYPUMP**  
60 MINS (S1)

9:30am  
**AQUA HIIT**  
60 MINS (IP)

10:30am  
**YOGA**  
60 MINS (S1)

S1: STUDIO 1  
S2: STUDIO 2  
IP: INDOOR POOL  
OP: OUTDOOR POOL  
(SUBJECT TO WEATHER)

**MON**

**25 DEC**

**NO CLASSES**  
CHRISTMAS DAY

**TUE**

**26 DEC**

**NO CLASSES**  
BOXING DAY

**WED**

**27 DEC**

9:30am  
**AQUA**  
60 MINS (IP)

9:30am  
**ZUMBA**  
60 MINS (S1)

10:30am  
**YOGA**  
60 MINS (S1)

5:00pm  
**BODY PUMP**  
45 MINS (S1)

**THUR**

**28 DEC**

9:30am  
**AQUA HIIT**  
60 MINS (OP)

9:30am  
**BODY STEP**  
45 MINS (S1)

10:30am  
**FUNCTIONAL TRAINING**  
45 MINS (S1)

5:00pm  
**BODYBLAST**  
45 MINS (S1)

**FRI**

**29 DEC**

9:30am  
**BODYPUMP**  
60 MINS (S1)

9:30am  
**AQUA**  
60 MINS (IP)

10:30am  
**ABS, BUTT & THIGHS**  
45 MINS (S1)

5:00pm  
**AQUA**  
45 MINS (IP)

**SAT**

**30 DEC**

8:30am  
**BODYPUMP**  
60 MINS (IP)

9:30am  
**BODY COMBAT**  
60 MINS (IP)

9:30am  
**AQUA**  
60 MINS (OP)

**SUN**

**31 DEC**

9:15am  
**RPM LAUNCH**  
45 MINS (S2)

9:30am  
**AQUA**  
60 MINS (OP)

10:30am  
**YOGA**  
60 MINS (S1)

**MON**

**1 JAN**

**NO CLASSES**  
NEW YEARS DAY

**TUE**

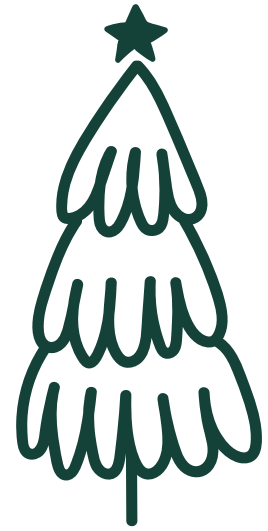
**2 JAN**

**REGULAR TIMETABLE**  
ALL CLASSES RESUME



**Book now!**

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# HOLIDAY OPEN HOURS

## DECEMBER

Friday 22<sup>ND</sup>

Saturday 23<sup>RD</sup>

Sunday 24<sup>TH</sup>

Monday 25<sup>TH</sup>

Tuesday 26<sup>TH</sup>

Wednesday 27<sup>TH</sup>

Thursday 28<sup>TH</sup>

Friday 29<sup>TH</sup>

Saturday 30<sup>TH</sup>

Sunday 31<sup>ST</sup>

## ST MARYS & PENRITH

## HYDROTHERAPY

CLOSED

8:00am - 6:00pm | 8:00am - 1:00pm

8:00am - 1:00pm

CLOSED - CHRISTMAS DAY

8:00am - 6:00pm | CLOSED

8:00am - 6:00pm

8:00am - 6:00pm

8:00am - 6:00pm

8:00am - 6:00pm | 8:00am - 1:00pm

8:00am - 1:00pm

## JANUARY

Monday 1<sup>ST</sup>

8:00am - 6:00pm | CLOSED

Tuesday 2<sup>ND</sup>

RESUME SUMMER OPERATIONS

