**SSAC Christmas and New Year Holiday Timetable**

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| **Week 1: Monday 23 December – Saturday 28 December 2019** | | | | | | | | | | | | | |
| **Time** | | **Monday** | | **Tuesday** | | **Wednesday** | | **Thursday** | | **Friday** | | **Saturday** | |
| **23 Dec** | | **24 Dec** | | **25 Dec** | | **26 Dec** | | **27 Dec** | | **28 Dec** | |
| **Open 6am - 8pm** | | **Open 6am - 3pm** | | **CLOSED** | | **Open 10am - 2pm** | | **Open 8am -1pm** | | **Open 8am - 1pm** | |
| **6:15am** | |  | | Bootcamp | |  | |  | |  | |  | |
| **8.15am** | |  | |  | |  | |  | |  | | Spin | |
| **8.30am** | |  | | Senior Strength | |  | |  | |  | |  | |
| **9.30am** | | Spin | | Aqua | |  | |  | | Body Pump | |  | |
|
| **10.30am** | | Aqua | | Aqua | |  | |  | | Aqua | |  | |
| **5.30pm** | | Metafit | |  | |  | |  | |  | |  | |
| **6pm** | | Results | |  | |  | |  | |  | |  | |
| **6.45pm** | | Body Pump | |  | |  | |  | |  | |  | |
| **Sunday 29.12.2019 Open 8am - 1pm (no classes)** | | | | | | | | | |  | |  | |
|  | |  | |  | |  | |  | |  | |  | |
| **Week 2: Monday 30 December – Saturday 4 January 2020** | | | | | | | | | | | | | |
| **Time** | | **Monday** | | **Tuesday** | | **Wednesday** | | **Thursday** | | **Friday** | | **Saturday** | |
| **30 Dec** | | **31 Dec** | | **1 Jan** | | **2 Jan** | | **3 Jan** | | **4 Jan** | |
| **Open 8am -1pm** | | **Open 8am -1pm** | | **CLOSED** | | **Open 6am - 8pm** | | **Open 6am - 8pm** | | **Open 6am - 8pm** | |
| **6:15am** | |  | |  | |  | | Metafit Core | | Boxing | |  | |
|
| **8.15am** | |  | |  | |  | |  | |  | | Spin | |
| **8.30am** | |  | | Senior Strength | |  | | Gymtastic Seniors | | Senior Strength | |  | |
| **9.30am** | | Spin | | Metafit | |  | | Pilates | | Body pump | |  | |
| Aqua | | Aqua | |
| **10.30am** | | Aqua | |  | |  | |  | | Aqua | |  | |
| **5.30pm** | |  | |  | |  | | Boost | |  | |  | |
| **6.15pm** | |  | |  | |  | | Aqua | | Spin | |  | |
| **Sunday 5.1.2020 Open 8am - 1pm (no classes)** | | | | | | | |  | |  | |  | |
| **Monday 6th - Sunday 29th January 2020** | | | | | | | | |  | |  | |
| **Time** | **Monday** | | **Tuesday** | | **Wednesday** | | **Thursday** | | **Friday** | | **Saturday** | |
| **Open** | | **Open** | | **Open** | | **Open** | | **Open** | | **Open** | |
| **6am-8pm** | | **6am-8pm** | | **6am-8pm** | | **6am-8pm** | | **6am-7:30pm** | | **8am-1pm** | |
| **6.15am** |  | | Bootcamp | |  | | Metafit Core | | Boxing | |  | |
|
| **8.15am** |  | |  | |  | |  | |  | | Spin | |
| **8.30am** |  | | Senior Strength | |  | | Gymtastic Seniors | | Senior Strength | |  | |
| **9.30am** | Spin | | Metafit | | Bootcamp | | Pilates | | Body pump | |  | |
| Aqua | | Aqua | |
| **10.30am** | Aqua | |  | | Aqua | |  | | Aqua | |  | |
|
|  |  | |  | | Heart Smart | |  | |  | |  | |
| **11:15am** |
| **5.30pm** | Metafit Core | | Spin | | Pilates | | Boost | |  | |  | |
| **6.00pm** |  | |  | |  | |  | |  | |  | |
| **6.15pm** |  | | Aqua | |  | | Aqua | |  | |  | |
| **6.30pm** | Body Pump | | Core | | Body Pump | |  | |  | |  | |
| **Sunday Open 8am - 1pm (no classes)** | | | | | | |  | |  | |  | |

**Group Fitness Classes**

**Body Pump:** the original barbell class that strengthens your entire body. Challenge all major muscle groups using the best weight-room exercises including squats, lunges, presses and curls (55 min).

**Bootcamp:** incorporating strength, power, cardiovascular, boxing and agility training to yield the most complete workout and comprehensive physical fitness.  (45min)

**Boost:** Test your endurance, improve your overall strength and cardiovascular fitness in a fast paced class save time and boost results (30 min).

**Metafit:** a coach-led and technique-focused HIIT workout designed to maximise your heart rate and get you fit, fast! (30 min)

**Spin:** with a motivating playlist and instructor, this challenging, low-impact cycle class will rapidly improve your cardiovascular fitness and burn through calories (45 min).

**Total Body Conditioning:** utilising various challenging equipment and exercises, all sessions have a goal to improve your functional work capacity and sculpt your entire body (55 min).

**Wellbeing Classes**

**Pilates:**build strength, flexibility and lean muscle tone using this mat-based workout that emphasises body alignment, lengthening, concentration and control (55 min).

**Core:** Strengthen and tone your abs, whilst also building up your overall functional core strength (30min)

**Seniors Fitness Classes**

**Senior Strength:** improve your function, mobility and strength in this low intensity program designed specifically for seniors (45 min).

**Gymtastic Seniors:** conducted in the gym, this circuit style class focuses on strength, flexibility, stability and posture using a variety of gym-based equipment and movements (55 min).