

CHRISTMAS GROUP FITNESS

11TH DEC 17 - 28TH JAN 18



MONDAY 11/12/17	TUESDAY 12/12/17	WEDNESDAY 13/12/17	THURSDAY 14/12/17	FRIDAY 15/12/17	SATURDAY 16/12/17	SUNDAY 17/12/17
5.30am Body Pump	5.30am HIIT	5.30am Sprint	5.30am HIIT	5.30am WOW	8.15am Sprint	8.15am RPM
8.45am RPM	8.45am Body Pump	8.45am Bootcamp	8.45am Grit Cardio	8.45am HIIT	8.30am Body Attack	9.15am Body Pump
9.30am Body Balance Express	4.30pm Grit Strength	9.30am Body Balance	9.15am CXWorx	4.30pm Sprint	8.45am Body Pump	9.30am Bootcamp
4.30pm Grit Cardio	5.05pm CXWorx	4.30pm HIIT	4.30pm Body Attack 45 min	5.05pm Body Pump	9.35am Jungle Body	10.15am Rollaflex
5pm Body Pump	5.35pm RPM	5.30pm Rollaflex	5pm CXWorx			
6.30pm HIIT	6.30pm Jungle Body	6.30pm Body Pump	5.45pm WOW			
	6.15pm AQUA @ GAC		5.15pm Bootcamp @ GAC			
MONDAY 18/12/17	TUESDAY 19/12/17	WEDNESDAY 20/12/17	THURSDAY 21/12/17	FRIDAY 22/12/17	SATURDAY 23/12/17	SUNDAY 24/12/17
5.30am Body Pump	5.30am HIIT	5.30am RPM	5.30am AMRAP	5.30am WOW	8.45am Body Pump	8.15am RPM
8.45am RPM	8.45am Body Pump	8.45am Bootcamp	8.45am Bootcamp	8.45am HIIT	10am Bootcamp	9.15am Body Pump
4.30pm Body Pump	4.30pm Grit Strength	9.30am Body Balance	4.30pm CXWorx	5pm Body Pump		
5.45pm HIIT	5.15pm Jungle Body	4.30pm HIIT	5.05pm WOW			
	6.15pm AQUA @ GAC	6pm Body Pump	6.15pm AQUA @ GAC			
MONDAY 25/12/17	TUESDAY 26/12/17	WEDNESDAY 27/12/17	THURSDAY 28/12/17	FRIDAY 29/12/17	SATURDAY 30/12/17	SUNDAY 31/12/17
<i>Xmas Day No Classes</i>	9am HIIT	9am Body Balance	9am RPM	9am HIIT	9am Body Pump	8.15am RPM
					10am Bootcamp	9.15am Body Pump
MONDAY 1/01/18	TUESDAY 2/01/18	WEDNESDAY 3/01/18	THURSDAY 4/01/18	FRIDAY 5/01/18	SATURDAY 6/01/18	SUNDAY 7/01/18
<i>New Years Day No Classes</i>	9am Body Pump	9am Bootcamp	9am Grit Cardio	9am HIIT	8.30am Body Pump	8.15am RPM
		4.30pm HIIT	9.30am CXWorx	5pm Body Pump	9.30am Bootcamp	9.15am Body Pump
		5.30pm Rollaflex	4.30pm WOW		10.30am Body Balance 45 min	10.15am Rollaflex
		6.30pm Body Pump	5.15pm CXWorx			
			6.15pm AQUA @ GAC			
MONDAY 8/01/18	TUESDAY 9/01/18	WEDNESDAY 10/01/18	THURSDAY 11/01/18	FRIDAY 12/01/18	SATURDAY 13/01/18	SUNDAY 14/01/18
5.30am Body Pump	5.30am HIIT	5.30am RPM	5.30am AMRAP	5.30am WOW	8.15am Sprint	8.15am RPM
8.45am RPM	8.45am Body Pump	8.45am Bootcamp	8.45am Grit Cardio	8.45am HIIT	8.45am Body Pump	9.15am Body Pump
9.30am Body Balance Express	4.30pm Grit Strength	9.30am Body Balance	9.15am CXWorx	4.30pm Sprint	9.30am Bootcamp	9.30am Bootcamp
4.30pm Body Pump	5pm AMRAP	4.30pm HIIT	4.30pm Body Attack Express	5.30pm Body Pump	10.30am Body Balance 45 min	10.15am Rollaflex
5pm Grit Cardio	6.15pm AQUA @ GAC	5.30pm Rollaflex	5.05pm CXWorx			
6pm HIIT		6.30pm Body Pump	5.35pm Body Balance Express			
			6.15pm AQUA @ GAC			
MONDAY 15/01/18	TUESDAY 16/01/18	WEDNESDAY 17/01/18	THURSDAY 18/01/18	FRIDAY 19/01/18	SATURDAY 20/01/18	SUNDAY 21/01/18
5.30am Body Pump	5.30am HIIT	5.30am RPM	5.30am AMRAP	5.30am WOW	8.15am Sprint	8.15am RPM
8.45am RPM	8.45am Body Pump	8.45am Bootcamp	8.45am Grit Cardio	8.45am HIIT	8.45am Body Pump	9.15am Body Pump
9.30am Body Balance Express	4.30pm Grit Strength	9.30am Body Balance	9.15am CXWorx	4.30pm Sprint	9.30am Bootcamp	9.30am Bootcamp
4.30pm Body Pump	5.05pm CXWorx	4.30pm HIIT	4.30pm Body Attack Express	5.30pm Body Pump	10.30am Body Balance 45 min	10.15am Rollaflex
5.30pm Grit Cardio	5.45pm AMRAP	5.30pm Rollaflex	5.05pm CXWorx			
6pm HIIT	6.15pm AQUA @ GAC	6.30pm Body Pump	5.35pm Body Balance Express			
			6.15pm AQUA @ GAC			
MONDAY 22/01/18	TUESDAY 23/01/18	WEDNESDAY 24/01/18	THURSDAY 25/01/18	FRIDAY 26/01/18	SATURDAY 27/01/18	SUNDAY 28/01/18
5.30am Body Pump	5.30am HIIT	5.30am Sprint	5.30am AMRAP	<i>Australia Day</i>	8.15am Sprint	8.15am RPM
8.45am RPM	8.45am Body Pump	8.45am Bootcamp	8.45am Grit Cardio	9am HIIT	8.45am Body Pump	9.15am Body Pump
9.30am Body Balance Express	4.30pm Grit Strength	9.30am Body Balance	9.15am CXWorx		10am Body Balance 45 min	
4.30pm Body Pump	5.05pm CXWorx	4.30pm HIIT	4.30pm Body Attack Express			
5.30pm Grit Cardio	5.45pm AMRAP	5.30pm Rollaflex	5.05pm CXWorx			
6pm HIIT	6.15pm AQUA @ GAC	6.30pm Body Pump	5.35pm Body Balance Express			
			6.15pm AQUA @ GAC			



Classes are reliant on instructor availability, in the absence of an instructor we will endeavour to cover a class with an alternative. Please stay up-to-date by contacting the stadium or visiting our Facebook page thank you.



PORT HEDLAND LEISURE

WANANGKURA STADIUM
SOUTH HEDLAND AQUATIC CENTRE
GRATWICK AQUATIC CENTRE

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MANAGED BY



CRECHE HOURS
WILL BE AS FOLLOWS

Week Beginning	Saturdays	Mon-Fri Session 1	Mon-Fri Session 2
11/12	8-11	8.30-10.30	4.15-6.15
18/12	8.30-11.30	8.30-10.30	4.15-6.15
25/12	8.30-11.30	8.30-11.30	none
1/1	8.15-11.15	8.30-11.30	none
8/1	8-11.30	8.30-10.30	4.15-6.15
15/1	8-11.30	8.30-10.30	4.15-6.15

