



**MAY BANK HOLIDAY WEEKEND:**

**MONDAY 26<sup>TH</sup> 2025**

**SPORTS COMPLEX OPENING HOURS 8am – 4pm**

<b><u>POOL:</u></b>	8am – 9.30am:	Early Riser
	10 – 11.30am:	Family Splash
	12 – 1.30pm:	Lane Swim
	2 – 3.30pm:	Family Splash & Lane Swim
<b><u>GYM:</u></b>	8am - 3.45pm	
<b><u>CLASSES:</u></b>	8.45am:	Yoga with Klara
	9.15am:	HIIT Studio Cycling with Gail
	10am:	Stretch with Maddie
	11am:	Cardio Dance Mix with Michelle