



AUGUST BANK HOLIDAY WEEKEND:

MONDAY 25TH 2025

SPORTS COMPLEX OPENING HOURS 8am – 4pm

<u>POOL:</u>	8am – 9.30am:	Early Riser
	10 – 11.30am:	Family Splash
	12 – 1.30pm:	Lane Swim
	2 – 3.30pm:	Family Splash & Lane Swim

GYM: 8am - 3.45pm

<u>CLASSES:</u>	8.45am:	Yoga with Klara
	9.15am:	HIIT Studio Cycling with Kim
	10am:	Stretch with Maddie
	11am:	Cardio Dance Mix with Michelle