

# GROUP EXERCISE EASTER TIMETABLE

FRIDAY 2 APRIL TO MONDAY 5 APRIL 2021



## LEISURE CENTRE OPENING HOURS

<b>Good Friday</b> - 2 April: CLOSED	<b>Easter Sunday</b> - 4 April: Normal opening hours
<b>Easter Saturday</b> - 3 April: Normal opening hours	<b>Easter Monday</b> - 5 April: 8am to 6pm

We will be running an altered group exercise timetable for the dates listed. For more information on changes to programs or services please call us on 9205 5522 or visit [yarraleisure.com.au](http://yarraleisure.com.au)

## COLLINGWOOD LEISURE CENTRE

TIME	FRIDAY 2 APRIL	SATURDAY 3 APRIL	SUNDAY 4 APRIL	MONDAY 5 APRIL
7.15am	CENTRE CLOSED	Core*	HIIT*	
8.00am				Living Longer
8.15am		Spin - Virtual 45	Body Combat	Aqua
8.30am			Spin - Virtual 45	Spin
8.30am				Body Pump
9.15am		Zumba		Aqua
9.15am				Spin
9.15am				HIIT*
9.30am		Spin - Virtual 45	Spin - Virtual 45	
9.30am		HIIT*	HIIT*	
9.45am				Body Step
10.15am				X-Press*
10.30am		Body Step	Body Pump	
10.30am		X-Press*	Core*	
11.00am				Body Balance
11.00am				Living Longer
12.15pm	HIIT*	X-Press*	HIIT*	
3.30pm	Aqua	Spin - Virtual 45	Spin - Virtual 45	
4.30pm	Aqua	Aqua		
4.30pm	Spin - Virtual 45	Spin - Virtual 45	Spin	
4.30pm	HIIT*	Core*		
5.00pm			X-Press*	

## Women Making Waves

Women Making Waves will not run on Saturday 3 April.



## FITZROY SWIMMING POOL

TIME	FRIDAY 2 APRIL	SATURDAY 3 APRIL	SUNDAY 4 APRIL	MONDAY 5 APRIL
8.15am	CENTRE CLOSED	HIIT 45		
8.30am				SwimFit
9.15am		Body Balance	Yoga	Yoga
		HIIT*	Core*	
10.00am		HIIT*	Core*	Strength*
10.30am		Yoga	Body Balance	Yoga
12.15pm		X-Press*	HIIT*	X-Press*
4.30pm		X-Press*	Strength*	
5.15pm				HIIT*

## RICHMOND RECREATION CENTRE

TIME	FRIDAY 2 APRIL	SATURDAY 3 APRIL	SUNDAY 4 APRIL	MONDAY 5 APRIL
8.15am	CENTRE CLOSED	Body Pump	Body Pump	Body Pump
		Spin - Virtual 45	Spin	Spin
		HIIT 45	HIIT*	HIIT 45
9.15am		HIIT 45	Spin	Spin
				HIIT 45
				Core*
9.30am		Spin - Virtual 45	HIIT*	Body Pump
10.30am		Body Balance		
		Core*		
11.00am			Sh'Bam - Virtual 30	
12.15pm	Zumba	X-Press*	X-Press*	
	X-Press*			
3.30pm		Body Combat - Virtual 30	Body Balance - Virtual 30	
		Spin - Virtual 45	Spin - Virtual 45	
4.00pm	Core*			
4.30pm	Body Balance - Virtual 30	Body Pump - Virtual 30	Body Pump	
	Spin - Virtual 45	Spin - Virtual 45	Spin - Virtual 45	
5.00pm			HIIT*	
5.15pm	X-Press*	X-Press*		

### Community Programs

Living Longer Living Stronger, CP and SMS will not be offered at Richmond on Easter Monday.

\*Please note: Small Group Training sessions are for members with gym access only.