

# LABOUR DAY PUBLIC HOLIDAY MONDAY 9 MARCH



INVOLVE CONNECT ENJOY

## OPENING HOURS

Collingwood Leisure Centre: 8am - 6pm  
Fitzroy Swimming Pool: 8am - 8pm

Richmond Recreation Centre: 8am - 6pm  
Burnley Golf Course: 6.30am - 7.30pm

## GROUP EXERCISE TIMETABLE

COLLINGWOOD LEISURE CENTRE	
8.15am	Aqua
9.15am	Strength* Small Group Training
9.15am	Aqua
9.15am	Functional Circuit
9.30am	Spin
10.30am	Body Pump
12.30pm	X-Press* Small Group Training
5pm	HIIT* Small Group Training

FITZROY SWIMMING POOL	
8.15am	Core* Small Group Training
9.15am	Strength* Small Group Training
9.15am	Body Pump
10am	X-Press* Small Group Training
10.30am	Yoga 1 & 2
12.30pm	X-Press* Small Group Training
5pm	HIIT* Small Group Training
7pm	Pavi* Small Group Training

RICHMOND RECREATION CENTRE	
8.15am	Core* Small Group Training
8.15am	Yin Yoga
8.15am	Circuit HIIT
9.15am	Circuit HIIT
9.30am	Aqua
10.45am	Yoga 1
12.15pm	X-Press* Small Group Training
5.15pm	Pavi* Small Group Training

Virtual spin at Collingwood will run as normal during our opening hours.

\*Small group training sessions are only available to members with gym access.

## YARRA TRIATHLON TIMETABLE

8am Swim Squad at Richmond Recreation Centre

## LIVING LONGER LIVING STRONGER TIMETABLE

Living Longer Living Stronger sessions will not run at Richmond Recreation Centre.  
The 8am and 11am sessions at Collingwood Leisure Centre will run as normal

## SWIM LESSONS AND OPEN AGE SQUAD

4.30pm to 6.30pm Open Age Squad session at Fitzroy Swimming Pool (including dry land).  
Swimming lessons will not run.