

# WILLOUGHBY LEISURE CENTRE CHRISTMAS / NEW YEAR GROUP FITNESS TIMETABLE 2023/2024

DATE	WILLOUGHBY LEISURE CENTRE OPENING HOURS
Saturday 23 December 2023	7.00am – 12.00pm
Sunday 24 December 2023	CLOSED
Monday 25 December 2023	CLOSED – Christmas Day
Tuesday 26 December 2023	CLOSED – Boxing Day
Wednesday 27 December 2023	7.00am – 7.00pm
Thursday 28 December 2023	7.00am – 7.00pm
Friday 29 December 2023	7.00am – 7.00pm
Saturday 30 December 2023	7.00am – 7.00pm
Sunday 31 December 2023	7.00am – 12.00pm

## SPORTS HALL

	Monday 25.12.2023	Tuesday 26.12.2023	Wednesday 27.12.2023	Thursday 28.12.2023	Friday 29.12.2023	Saturday 30.12.2023	Sunday 31.12.2023
7.30 AM	CLOSED PUBLIC HOLIDAY	CLOSED PUBLIC HOLIDAY			LES MILLS BODY STEP	7.10AM LES MILLS BODY PUMP	H.I.I.T
8.30 AM			LES MILLS BODY ATTACK		CARDIO & CONDITIONING		YOGA
9.30 AM			LES MILLS BODY PUMP	TABATA	LES MILLS BODY BALANCE		
10.30 AM			PILATES	YOGA			
11.30 AM							

## OUTDOOR / HEALTH CLUB / TRAINING & RECOVERY ZONE

	Monday 25.12.2023	Tuesday 26.12.2023	Wednesday 27.12.2023	Thursday 28.12.2023	Friday 29.12.2023	Saturday 30.12.2023	Sunday 31.12.2023
7.00 AM	CLOSED PUBLIC HOLIDAY	CLOSED PUBLIC HOLIDAY			STRENGTH Training & Recovery Zone	OUTDOOR TRAINING Netball Courts	
4:30 PM			TEEN FIT Training & Recovery Zone				
5:30 PM			BODY BLAST Training & Recovery Zone		BODY BLAST Training & Recovery Zone		

## CYCLE

	Monday 25.12.2023	Tuesday 26.12.2023	Wednesday 27.12.2023	Thursday 28.12.2023	Friday 29.12.2023	Saturday 30.12.2023	Sunday 31.12.2023
8.30 AM	CLOSED PUBLIC HOLIDAY	CLOSED PUBLIC HOLIDAY		FREESTYLE CYCLE	FREESTYLE CYCLE	LES MILLS RPM	
9.30 AM			FREESTYLE CYCLE				
6.00 PM							

# WILLOUGHBY LEISURE CENTRE CHRISTMAS / NEW YEAR GROUP FITNESS TIMETABLE 2023/2024

DATE	WILLOUGHBY LEISURE CENTRE OPENING HOURS
Monday 1 January 2024	CLOSED – New Year's Day
Tuesday 2 January 2024 – Sunday 7 January 2024	7.00am – 7.00pm

## SPORTS HALL

	Monday 1.1.2024	Tuesday 2.1.2024	Wednesday 3.1.2024	Thursday 4.1.2024	Friday 5.1.2023	Saturday 6.1.2023	Sunday 7.1.2023
7.30 AM	CLOSED NEW YEARS DAY				LES MILLS BODY STEP	7.10AM LES MILLS BODY PUMP	H.I.I.T
8.30 AM			LES MILLS BODY ATTACK	D.A.G.S	CARDIO & CONDITIONING		YOGA
9.30 AM		PILATES	LES MILLS BODY PUMP	TABATA	LES MILLS BODY BALANCE		
10.30 AM			PILATES	YOGA			
11.30 AM				ACTIVE MOVERS			

## OUTDOOR / HEALTH CLUB / TRAINING & RECOVERY ZONE

	Monday 1.1.2024	Tuesday 2.1.2024	Wednesday 3.1.2024	Thursday 4.1.2024	Friday 5.1.2023	Saturday 6.1.2023	Sunday 7.1.2023
7.00 AM	CLOSED NEW YEARS DAY	STRENGTH Training & Recovery Zone			STRENGTH Training & Recovery Zone	OUTDOOR TRAINING Netball Courts	
4:30 PM			TEEN FIT Training & Recovery Zone				
5:30 PM			BODY BLAST Training & Recovery Zone		BODY BLAST Training & Recovery Zone		

## CYCLE

	Monday 1.1.2024	Tuesday 2.1.2024	Wednesday 3.1.2024	Thursday 4.1.2024	Friday 5.1.2023	Saturday 6.1.2023	Sunday 7.1.2023
8.30 AM	CLOSED NEW YEARS DAY			FREESTYLE CYCLE	FREESTYLE CYCLE	LES MILLS RPM	
9.30 AM		LES MILLS SPRINT	FREESTYLE CYCLE				
6.00 PM							