

Christmas & New Year Timetable



Oak Park Sports & Aquatic Centre

- Bookings required
- 24/7 Gym available for members (Bookings required)

Date	Operating Hours	Group Fitness Classes
Christmas Eve Thurs Dec 24	6am - 6pm	6.30am Body Balance 9.30am Yoga 10.30am <i>Virtual</i> RPM
Christmas Day Sat Dec 26	Closed	No Classes
Sat Dec 26	8am – 6pm	8.30am <i>Virtual</i> RPM 9.30am Body Pump 10.30am Body Balance
Sun Dec 27	8am – 6pm	9.30am 1 <i>Virtual</i> RPM 10.30am Zumba
Mon Dec 28	8am – 6pm	9.30am Body Balance 10.30am Active Adults
Tue Dec 29	6am – 9pm	6.30am <i>Virtual</i> RPM 9.30am Body Pump 10.30am Zumba 4.30pm <i>Virtual</i> RPM 5.30pm Body Step 6.30pm Body Pump
Wed Dec 30	6am – 9pm	6.30am Body Pump 9.30am Zumba 10.30am Body Balance 4.30pm <i>Virtual</i> RPM 5.30pm Yoga 6.30pm Zumba
New Year's Eve Thurs Dec 31	6am – 6pm	6.30am Body Balance 9.30am Yoga 10.30am <i>Virtual</i> RPM
New Year's Day Fri Jan 1	12pm – 6pm	9.30am Body Pump 10.30am Yoga
Sat Jan 2	8am – 6pm	8.30am <i>Virtual</i> RPM 9.30am Body Pump 10.30am Body Balance
Sun Jan 3	8am – 6pm	9.30am <i>Virtual</i> RPM 10.30am Zumba