

CASA Christmas Hours 2010/2011

Date	Marion Leisure & Fitness Centre	St Clair Recreation Centre	Fitness@the Hub	Seaford Recreation Centre	Valley View Golf Club
Friday 24 December	6.00am-2.00pm	8.00am-12.00pm Crèche Closed	6.30am-12.00pm Normal Crèche Normal morning classes	6.30am-12.30pm Crèche Open Normal Classes	7.30am-7.00pm
Saturday 25 December	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Sunday 26 December	CLOSED	CLOSED	CLOSED	CLOSED	7.30am-7.00pm
Monday 27 December	CLOSED	CLOSED	CLOSED	CLOSED	7.30am-7.00pm
Tuesday 28 December	8.00am-12pm Crèche Closed	8.00am-12.00pm Crèche Closed	CLOSED	CLOSED	7.30am-7.00pm
Wednesday 29 December	Normal Hours Crèche Closed	8.00am-12.00pm Crèche Closed & 4.00pm-8.00pm	8.30am-12.00pm Crèche Closed 9.15am Fat Burner & 4.00pm-8.00pm 7.00pm Body Pump	8.30am-12.00pm Crèche Closed 9.00am Body Pump & 4.00pm-8.00pm 6.00pm Boot Camp	7.30am-7.00pm
Thursday 30 December	Normal hours Crèche Closed	8.00am-12.00pm Crèche Closed & 4.00pm-8.00pm	8.30am-12.00pm Crèche Closed 9.15am Body Attack & 4.00pm-8.00pm 6.00pm TTB	8.30am-12.00pm Crèche Closed 9.00am Zumba & 4.00pm-8.00pm 6.00pm Body Pump	7.30am-7.00pm
Friday 31 December	6.00am-2.00pm Crèche Closed	8.00am-12.00pm Crèche Closed	8.30-12.00pm Crèche Closed 10.15am Step	8.30am-12.00pm 9.00am Body Step Crèche Closed	7.30am-7.00pm
Saturday 1 January	CLOSED	CLOSED	CLOSED	CLOSED	7.30am-7.00pm
Sunday 2 January	7.30am-5.00pm	CLOSED	CLOSED	CLOSED	7.30am-7.00pm
Monday 3 January	8.00am-12pm Crèche Closed	8.00am-12.00pm Crèche Closed	8.30-12.00pm Crèche Closed 10.15am Body Attack	8.30am-12.00pm 9.00am Zumba Crèche Closed	7.30am-7.00pm
Tuesday 4 January	Normal Hours	Normal Hours	Normal Hours	Normal Hours	7.30am-7.00pm

Marion Christmas/New Years Group Fitness Timetable

Times	Friday 24 December	Sat 25, Sun 26 & Mon 27 December	Tuesday 28 December	Wednesday 29 December	Thursday 30 December	Friday 31 December	Saturday 1 January	Sunday 2 January	Monday 3 January
Studio One: Group Fitness									
6.15am	Body Pump	MON TUE WED THU FRI SAT SUN					Body Pump	MON TUE WED THU FRI SAT SUN	
8.45am	Body Step		Body Attack	Body Combat	Body Pump	Body Step			Body Pump
9.00am									Body Pump
9.30am	Body Pump		Body Step	Body Pump	Body Attack	Body Pump			Body Attack
10.00am									Body Step
10.30am	Body Balance		Body Balance	Zumba	Pilates	Body Balance			Pilates/Chi Ball
5.30pm				Body Step	Body Attack				
6.30pm				Zumba	Body Pump				
Studio Two: RPM/Circuit									
6.15am	RPM	MON TUE WED THU FRI SAT SUN	RPM	RPM	RPM				
8.45am	RPM			RPM		RPM			
9.30am	Fit 4 Life		Fit 4 Life	Fit 4 Life	Fit 4 Life	Fit 4 Life		RPM	
10.00am								RPM	
5.30pm					RPM				
5.45pm				RPM					