Seated Circuits

09.30-10.15

Pilates

11.30-12.15

Pilates 31

09.30-10.15

Pilates 24

09.30-10.15

Pilates 10

09.30-10.15

11

T3

• Revive @ Homewood Grove -JANUARY 2025 •

Seated Circuits 31

09.30-10.15

Pilates

11.30-12.15

Daily 10

2.00pm to 2.10pm

Owners 4

 Family Swim

 08.30 – 10.30

Aqua Fitness

09.30 to 10.15

Daily 10

2.00pm to 2.10pm

Yoga 2.30pm – 3.15pm

 30  **31**  **1**

Pilates 3

09.30-10.15

 **2**

 No Classes – Gym and Pool Open

 8am to 8.pm

Owners 5

 Family Swim

2.00pm to 4.00pm

 No Classes – New Years Day

 Gym and Pool Open

 8.00am to 8.00pm

 8.00a

Aqua Fitness 6

09.30 to 10.15

Daily 10

2.00pm to 2.10pm

Yoga 2.30pm-3.15pm

2.30 to 3.15

Owners

 Family Swim

08.30 to 10.30

Seated Circuits 7

09.30-10.15

Pilates

11.30-12.15

Daily 10

2.00pm to 2.10pm

Aqua Fitness 8

9.30 to 10.15

Studio Circuits

11.30 to 12.15

Daily 10

2.00pm to 2.10pm

Yoga – 3.00 to 3.45

Tai Chi 9

 9.30 to 10.15

Legs, Bums and Tums

 11.30 to 12.15

Daily 10

2.00pm to 2.10pm

 Owners 12

 Family Swim

 2.00 to 4.00pm

Aqua Fitness 13

09.30 to 10.15

Dancers Stretch and Movement

12.30 to 13.15

Daily 10

2.00pm to 2.10pm

Yoga 2.30pm-3.15pm

Aqua Fitness 15

9.30 to 10.15

Studio Circuits

11.30 to 12.15

Daily 10-2.00pm to 2.10pm

Yoga – 3.00pm to 3.45pm

3.00pm to 3.45pm

Tai Chi 16

 9.30 to 10.15

Legs, Bums and Tums

11.30 to 12.15

Daily 10

2.00pm to 2.10pm

Seated Circuits

09.30-10.15

Pilates

11.30-12.15

Daily 10

2.00pm to 2.10pm

 14 17 18

Pilates

09.30-10.15

. Aqua Fitness 22

09.30 to 10.15

Dancers Stretch and Movement

12.30 to 13.15

Daily 10

2.00pm to 2.10pm

Yoga 2.30pm-3.15pm

Aqua Fitness 27

09.30 to 10.15

Dancers Stretch and Movement

12.30 to 13.15

Daily 10

2.00pm to 2.10pm

Yoga 2.30pm-3.15pm

 23

Owners 2

 Family Swim

 2.00pm to 4.00pm

Owners 26

 Family Swim

 2.00pm to 4.00pm

Owners 1

 Family Swim

 08.30 – 10.30

Owners 25

 Family Swim

 08.30 – 10.30

Aqua Fitness

9.30 to 10.15 24

Studio Circuits

11.30 to 12.15

Daily 10 – 2.00pm to 2.10pm

Yoga – 3.00pm-3.45pm

Aqua Fitness 29

9.30 to 10.15

Studio Circuits

11.30 to 12.15

Daily 10

2.00 to 2.10

Yoga – 3.00pm to 3.45pm

Seated Circuits

09.30-10.15

Pilates

11.30-12.15

Daily 10

2.00pm to 2.10pm

Seated Circuits 28

09.30-10.15

Pilates

11.30-12.15

Daily 10

2.00pm to 2.10pm

Tai Chi 30

 9.30 to 10.15

Legs, Bums and Tums

11.30 to 12.15

Daily 10

2.00pm to 2.10pm

Tai Chi 23

 9.30 to 10.15

Legs, Bums and Tums

11.30 to 12.15

Daily 10

2.00pm to 2.10pm