

Holt Park Leisure Centre

Day & Time	Activity
Mon 10:00am - 10:45am	Circuit**
Mon 11:00am - 12:00pm	Yoga**
Mon 10:00am - 12:00pm	10%ers
Mon 6:00pm - 7:00pm	Legs, Bums & Tums**
Mon 7:00pm - 8:00pm	Bokwa Fitness**
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Tues 7:00pm - 7:45pm	Aqua-fit**
Tues 7:00pm - 8:00pm	Yoga**
Tues 7:00pm - 8:00pm	Circuits**
Tues 8:00pm - 9:00pm	Heartwatch*
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Weds 9:00am - 12:00pm	Active Life Morning
Weds 10:00am - 11:00am	Active Life Circuit**
Weds 11:00am - 12:00pm	Active Life Pilates**
Weds 6:00pm - 7:00pm	Zumba Toning**
Weds 7:00pm - 8:00pm	Legs, Bums & Tums**

Day & Time	Activity
Thurs 9:30am - 11:00am	Yoga**
Thurs 6:00pm - 7:00pm	Step Aerobics**
Thurs 6:00pm - 7:00pm	Circuits**
Thurs 7:00pm - 7:45pm	Aqua-fit**
Thurs 8:00pm - 9:00pm	Heartwatch*
Fri 9:00am - 12:00pm	Active Life Morning
Fri 10:00am - 11:00am	Active Life Zumba**
Fri 11:00am - 12:00pm	Active Life Zumba Toning**
Sat	NO CLASSES
Sun 10:00am - 11:00am	Step Aerobics**
Sun 11:00am - 12:00pm	Zumba Toning**

Additional Information

Active Life Mornings; Price includes, 2 classes and Swimming. Single Classes priced separately.

Bokwa is a new african inspired intense cardio dance workout, fast paced, energising and fun.

Zumbatone is a body sculpting workout based on Zumba conducted at a slower pace.

Gym Opening Times; Mon - Fri 8:00am - 9:00pm, Sat & Sun 9:00am - 6:00pm

Juniors Gym Opening Times; Mon - Fri 8:00am - 7:00pm, Sat & Sun 1:00pm - 6:00pm