

GESAC HEALTH CLUB

GROUP EXERCISE HOLIDAY TIMETABLE

Monday December 29 2025 - Sunday January 4 2026

Bookings required via member portal

STUDIO WONDER		MON 29 DEC	TUES 30 DEC	WED 31 DEC	THURS 1 JAN	FRI 2 JAN	SAT 3 JAN	SUN 4 JAN
	6am	BodyPump	BodyPump			BodyPump		
	7am	Virtual BodyAttack	Virtual BodyPump	Virtual BodyCombat				
	7.30am						BodyPump	
	8am			Activate Strength				
	8.25am	Activate Strength	Zumba Gold					
	8.30am					Activate Strength	BodyAttack	Les Mills Tone
	9.25am	BodyPump	BodyPump	Dance		Tummy Hips & Thighs		
	9.30am							Les Mills Strength Deveolpment
	10.30am	Zumba		Core			BodyPump	BodyPump
	12pm	Virtual BodyPump					Virtual BodyAttack	Virtual BodyPump
	1pm						Virtual Body Balance	Virtual Body Balance
	4pm	Virtual BodyPump					Virtual BodyPump	Virtual BodyAttack
	5pm					Virtual BodyPump	Virtual Les Mills Core	Virtual Les Mills Core
	6pm	BodyPump	BodyCombat			Dance	Virtual Sh'bam	Virtual BodyCombat
	7pm	Dance						

STUDIO TWO		MON 29 DEC	TUES 30 DEC	WED 31 DEC	THURS 1 JAN	FRI 2 JAN	SAT 3 JAN	SUN 4 JAN
	6.10am			Hatha Yoga ☀				
	7.30am		Mobilise (7.05am)			Mobilise	Heated Vinyasa flow	
	8.30am	Qigong		Qigong				Vinyasa Flow Yoga
	9.25am	Vinyasa Flow Yoga	Mat Pilates	Beginners Yoga				
	9.30am							Mat Pilates
	10.30am						Mat Pilates	
	10.40am	Beginners Yoga	Vinyasa Flow Yoga		Vinyasa Flow(12.30pm)	Vinyasa Flow Yoga	Mobilise (11.30am)	
	11.40am				Restore (2.30pm)			
	6pm	Vinyasa Flow Yoga	Vinyasa Flow Yoga					
	7pm	Vinyasa Flow Yoga	Beginners Yoga ☀					
	8pm	Yin/Restore Yoga ☀	Restorative Yoga ☀					

☀ Classes with a sun are Heated Classes.
During Heated Classes, infrared panels heat the studio to 25-27 degrees.

BIKE LAB		MON 29 DEC	TUES 30 DEC	WED 31 DEC	THURS 1 JAN	FRI 2 JAN	SAT 3 JAN	SUN 4 JAN
	6am	Cycle	The Trip	RPM				
	7am	Virtual Trip	Virtual Sprint	Cycle		Virtual RPM		
	7.30am							Cycle
	8.25am	RPM	The Trip				The Trip (8.30am)	RPM (8.30am)
	9.25am	Cycle	RPM	Cycle		Cycle		
	9.30am						RPM	The Trip
	12pm	Virtual Trip	Virtual RPM	Virtual Sprint		Virtual RPM		
	4pm	Virtual Sprint	Virtual Trip	Virtual RPM	Virtual Trip	Virtual RPM	Virtual RPM	Virtual Trip
	5pm	Virtual Trip	Virtual RPM			Virtual Trip	Virtual Trip	Virtual RPM
	6pm	RPM	Cycle					
	7pm	Virtual Trip	Virtual Sprint					

TRAINING ZONE		MON 29 DEC	TUES 30 DEC	WED 31 DEC	THURS 1 JAN	FRI 2 JAN	SAT 3 JAN	SUN 4 JAN
	6am	Functional Strength	HIIT	Functional Strength		Functional Strength		
				Bootcamp*			Run It Back*** (7am)	
	7am						Bootcamp* (7.05am)	
	8.30am		HIIT			HIIT	Functional Strength	Functional Strength
	9.30am	Functional Strength	HIIT	Functional Strength		HIIT	HIIT	HIIT
	12pm	HIIT		Functional Strength				
	5.30pm							
	7.05pm	HIIT	Functional Strength					

*These classes are held in GESAC Stadium *** GEL's Run Club is offsite, refer to member portal

