Michael Woods

Prepared: 14/Nov/26 02:30:15

Monday

Morning

Lane Swimming	6:00am - 8:00am	Michael Woods	8 Lanes Main Pool
Public Swimming	8:00am - 5:30pm	Michael Woods	6 Lanes Main Pool
Lane Swimming	8:00am - 9:30pm	Michael Woods	4 Lanes Main Pool
Outdoor Running Track	9:00am - 10:00pm	Michael Woods	6 Lanes
Rise Gymnastics Tots	9:45am - 10:30am	Michael Woods	
Active Circuit	10:00am - 10:45am	Michael Woods	
Active Circuit	10:00am - 10:45am	Michael Woods	
Tot Kickers	10:15am - 11:00am	Michael Woods	
Rise Gymnastics Tots	10:30am - 11:15am	Michael Woods	
Walking Football	11:00am - 12:00pm	Michael Woods	
Active Circuit	11:00am - 11:45am	Michael Woods	
Active Circuit	11:00am - 11:45am	Michael Woods	
Rise Gymnastics Tots	11:15am - 12:00pm	Michael Woods	
Public Swimming	11:30am - 12:15pm	Michael Woods	5 Lanes Training Pool

Afternoon

Public Swimming	8:00am - 5:30pm	Michael Woods	6 Lanes Main Pool
Lane Swimming	8:00am - 9:30pm	Michael Woods	4 Lanes Main Pool
Outdoor Running Track	9:00am - 10:00pm	Michael Woods	6 Lanes
Public Swimming	11:30am - 12:15pm	Michael Woods	5 Lanes Training Pool

Pickleball Social	12:30pm - 2:30pm	Michael Woods	
Rise Gymnastics Discover	12:45pm - 1:30pm	Michael Woods	
Public Swimming	1:00pm - 3:00pm	Michael Woods	3 Lanes Training Pool
Rise Gymnastics Discover	1:30pm - 2:15pm	Michael Woods	
Warm Pool Swimming	2:00pm - 8:00pm	Michael Woods	
Mini Kickers	3:30pm - 4:15pm	Michael Woods	
Junior Tennis	4:30pm - 5:30pm	Michael Woods	
Warm Pool Swimming	5:00pm - 6:00pm	Michael Woods	
Evening			
Lane Swimming	8:00am - 9:30pm	Michael Woods	4 Lanes Main Pool
Outdoor Running Track	9:00am - 10:00pm	Michael Woods	
Warm Pool Swimming	2:00pm - 8:00pm	Michael Woods	Warm Pool
Velo: Rhythm	7:00pm - 7:45pm	Michael Woods	
BodyBalance	7:00pm - 7:45pm	Michael Woods	
Aqua Aerobics	7:05pm - 7:50pm	Michael Woods	
Yoga	8:00pm - 8:45pm	Michael Woods	
Lane Swimming	8:00pm - 8:30pm	Michael Woods	2 Lanes Main Pool
Hydrocycle	8:15pm - 9:00pm	Michael Woods	
Lane Swimming	8:30pm - 9:30pm	Michael Woods	8 Lanes Main Pool
Public Swimming	8:30pm - 9:30pm	Michael Woods	Main Pool

Tuesday

Morning			
Lane Swimming	6:00am - 8:00am	Michael Woods	5 Lanes Main Pool
Strength Development	6:30am - 7:45am	Michael Woods	
Lane Swimming	8:00am - 4:30pm	Michael Woods	2 Lanes Main Pool

Public Swimming	8:00am - 6:00pm	Michael Woods	6 Lanes Main Pool
Public Swimming	9:00am - 3:00pm	Michael Woods	2 Lanes Training Pool
Ladies Badminton	9:00am - 11:00am	Michael Woods	
Outdoor Running Track	9:00am - 7:00pm	Michael Woods	6 Lanes
BodyPump	9:30am - 10:15am	Michael Woods	
Velo: Forever	9:30am - 10:15am	Michael Woods	
Thriving Communities	10:00am - 11:30am	Michael Woods	
Thriving Communities	10:00am - 11:30am	Michael Woods	
BodyBalance	10:30am - 11:15am	Michael Woods	
Active Circuit	11:00am - 11:45am	Michael Woods	
Active Circuit	11:00am - 11:45am	Michael Woods	
Musical Theatre Fitness	11:30am - 12:15pm	Michael Woods	
Afternoon			
Lane Swimming	8:00am - 4:30pm	Michael Woods	2 Lanes Main Pool
Public Swimming	8:00am - 6:00pm	Michael Woods	6 Lanes Main Pool
Public Swimming	9:00am - 3:00pm	Michael Woods	2 Lanes Training Pool
Outdoor Running Track	9:00am - 7:00pm	Michael Woods	6 Lanes
Musical Theatre Fitness	11:30am - 12:15pm	Michael Woods	
Active Circuit	12:00pm - 12:45pm	Michael Woods	
Simply Stretch	12:20pm - 1:05pm	Michael Woods	
Active Aqua	1:00pm - 1:45pm	Michael Woods	
Active Aqua	1:00pm - 1:45pm	Michael Woods	
Active Strength and Balance	1:00pm - 1:45pm	Michael Woods	
Active Circuit	1:15pm - 2:00pm	Michael Woods	
Active Aqua	2:00pm - 2:45pm	Michael Woods	
Active Aqua	2:00pm - 2:45pm	Michael Woods	
Active Back Care	2:45pm - 3:45pm	Michael Woods	

Active Back Care	2:45pm - 3:45pm	Michael Woods	
Pickleball Social	3:00pm - 5:00pm	Michael Woods	
Rise Gymnastics Explore	3:30pm - 5:30pm	Michael Woods	
Junior Trampolining	4:00pm - 4:45pm	Michael Woods	
Rise Gymnastics Excel	4:30pm - 5:30pm	Michael Woods	
Junior Trampolining	4:45pm - 5:45pm	Michael Woods	
Pickleball for Wellbeing	5:00pm - 6:00pm	Michael Woods	
Metafit	5:30pm - 6:00pm	Michael Woods	
Public Swimming	5:30pm - 9:30pm	Michael Woods	2 Lanes Main Pool
Junior Trampolining	5:45pm - 6:45pm	Michael Woods	
Evening			
Outdoor Running Track	9:00am - 7:00pm	Michael Woods	
Public Swimming	5:30pm - 9:30pm	Michael Woods	Main Pool
Junior Trampolining	5:45pm - 6:45pm	Michael Woods	
BodyCombat	6:00pm - 6:45pm	Michael Woods	
Velo: Rhythm	6:00pm - 6:45pm	Michael Woods	
BoxFit	7:00pm - 7:45pm	Michael Woods	
Group Cycle	7:00pm - 7:30pm	Michael Woods	
Core, Strength & Balance	7:45pm - 8:15pm	Michael Woods	
Outdoor Running Track	8:30pm - 10:00pm	Michael Woods	
Lane Swimming	9:00pm - 9:30pm	Michael Woods	8 Lanes Main Pool

Wednesday

Morning			
Lane Swimming	6:00am - 8:00am	Michael Woods	8 Lanes Main Pool
Velo: Rhythm	6:15am - 7:00am	Michael Woods	
HYROX	6:15am - 7:00am	Michael Woods	
Kettlebells	7:20am - 8:05am	Michael Woods	

Lane Swimming	8:00am - 6:00pm	Michael Woods	2 Lanes Main Pool
Public Swimming	8:00am - 6:00pm	Michael Woods	6 Lanes Main Pool
Warm Pool Swimming	9:00am - 9:30am	Michael Woods	
Outdoor Running Track	9:00am - 10:00pm	Michael Woods	6 Lanes
Hydrocycle	9:15am - 10:00am	Michael Woods	
Rise Gymnastics Discover	9:30am - 10:15am	Michael Woods	
Shapes	9:30am - 10:15am	Michael Woods	
Velo: Rhythm	9:30am - 10:15am	Michael Woods	
Vinyasa Yoga	9:30am - 10:15am	Michael Woods	
Mixed Badminton	10:00am - 12:00pm	Michael Woods	
Mixed Badminton	10:00am - 12:00pm	Michael Woods	
Rise Gymnastics Tots	10:15am - 11:00am	Michael Woods	
Yoga	10:30am - 11:15am	Michael Woods	
Aqua Aerobics	10:30am - 11:15am	Michael Woods	
Social Circuits	10:30am - 11:15am	Michael Woods	
Active Stability	11:00am - 12:30pm	Michael Woods	
Active Stability	11:00am - 12:30pm	Michael Woods	
Public Swimming	11:15am - 3:00pm	Michael Woods	
Active Aqua	11:45am - 12:30pm	Michael Woods	
Afternoon			
Lane Swimming	8:00am - 6:00pm	Michael Woods	2 Lanes Main Pool
Public Swimming	8:00am - 6:00pm	Michael Woods	6 Lanes Main Pool
Outdoor Running Track	9:00am - 10:00pm	Michael Woods	6 Lanes
Active Stability	11:00am - 12:30pm	Michael Woods	
Active Stability	11:00am - 12:30pm	Michael Woods	
Public Swimming	11:15am - 3:00pm	Michael Woods	
Active Aqua	11:45am - 12:30pm	Michael Woods	

Active Circuit	12:45pm - 1:30pm	Michael Woods	
Active Circuit	12:45pm - 1:30pm	Michael Woods	
Active Strength and Balance	2:00pm - 2:45pm	Michael Woods	
Active Strength and Balance	2:00pm - 2:45pm	Michael Woods	
Warm Pool Swimming	2:30pm - 3:30pm	Michael Woods	
Active Strength and Balance	3:00pm - 3:45pm	Michael Woods	
Active Strength and Balance	3:00pm - 3:45pm	Michael Woods	
Junior Trampolining	3:45pm - 4:45pm	Michael Woods	
Run Jump Throw	4:00pm - 5:00pm	Michael Woods	
Senior Flex	4:30pm - 5:15pm	Michael Woods	
Junior Trampolining	4:45pm - 5:45pm	Michael Woods	
	5:00pm - 6:00pm	Michael Woods	
Active for Health	5:15pm - 6:15pm	Michael Woods	
Active for Health	5:15pm - 6:15pm	Michael Woods	
Velo: Rhythm	5:30pm - 6:15pm	Michael Woods	
Tabata	5:30pm - 6:00pm	Michael Woods	
Trampolining	5:45pm - 6:30pm	Michael Woods	
Evening			
Outdoor Running Track	9:00am - 10:00pm	Michael Woods	
Active for Health	5:15pm - 6:15pm	Michael Woods	
Active for Health	5:15pm - 6:15pm	Michael Woods	
Velo: Rhythm	5:30pm - 6:15pm	Michael Woods	
Trampolining	5:45pm - 6:30pm	Michael Woods	
Boxercise	6:00pm - 6:45pm	Michael Woods	
Active for Life	6:15pm - 7:15pm	Michael Woods	
Active for Life	6:15pm - 7:15pm	Michael Woods	
Velo: Rhythm	6:50pm - 7:35pm	Michael Woods	
BodyPump	7:00pm - 8:00pm	Michael Woods	
Lane Swimming	8:00pm - 9:00pm	Michael Woods	4 Lanes Main Pool

Flow and Restore	8:05pm - 8:50pm	Michael Woods	
Lane Swimming	9:00pm - 9:30pm	Michael Woods	8 Lanes Main Pool

Thursday

Morning

Lane Swimming	6:00am - 8:00am	Michael Woods	5 Lanes Main Pool
Velo: Rhythm	6:15am - 7:00am	Michael Woods	
SPRINT	7:10am - 7:40am	Michael Woods	
Public Swimming	8:00am - 6:00pm	Michael Woods	6 Lanes Main Pool
Lane Swimming	8:00am - 9:30pm	Michael Woods	2 Lanes Main Pool
Warm Pool Swimming	9:00am - 10:00am	Michael Woods	
Outdoor Running Track	9:00am - 10:00pm	Michael Woods	6 Lanes
BodyPump	9:30am - 10:15am	Michael Woods	
Aqua Aerobics	10:00am - 10:45am	Michael Woods	
BodyBalance	10:30am - 11:15am	Michael Woods	
Musical Theatre Fitness	11:00am - 11:45am	Michael Woods	
Aqua Aerobics	11:00am - 11:45am	Michael Woods	
Rise Gymnastics Tots	11:45am - 12:30pm	Michael Woods	
Public Swimming	11:45am - 3:00pm	Michael Woods	

Afternoon

Public Swimming	8:00am - 6:00pm	Michael Woods	6 Lanes Main Pool
Lane Swimming	8:00am - 9:30pm	Michael Woods	2 Lanes Main Pool
Outdoor Running Track	9:00am - 10:00pm	Michael Woods	6 Lanes
Rise Gymnastics Tots	11:45am - 12:30pm	Michael Woods	
Public Swimming	11:45am - 3:00pm	Michael Woods	
Public Swimming	12:00pm - 3:00pm	Michael Woods	

Ladies Pickleball Social	12:00pm - 2:00pm	Michael Woods	
BodyPump	12:30pm - 1:15pm	Michael Woods	
Active Circuit	12:30pm - 1:15pm	Michael Woods	
Active Circuit	12:30pm - 1:15pm	Michael Woods	
Warm Pool Swimming	1:00pm - 8:00pm	Michael Woods	
Rise Gymnastics Discover	1:15pm - 2:00pm	Michael Woods	
Active Circuit	1:30pm - 2:15pm	Michael Woods	
Active Circuit	1:30pm - 2:15pm	Michael Woods	
Active Strength and Balance	2:30pm - 3:15pm	Michael Woods	
Active Strength and Balance	2:30pm - 3:15pm	Michael Woods	
Active Strength and Balance	3:30pm - 4:15pm	Michael Woods	
Active Strength and Balance	3:30pm - 4:15pm	Michael Woods	
Freestyle Dance	4:15pm - 5:15pm	Michael Woods	
Freestyle Dance	5:15pm - 6:15pm	Michael Woods	
Active Move	5:15pm - 6:15pm	Michael Woods	
Active Move	5:15pm - 6:15pm	Michael Woods	
Shapes	5:30pm - 6:15pm	Michael Woods	
Evening			
Lane Swimming	8:00am - 9:30pm	Michael Woods	2 Lanes Main Pool
Outdoor Running Track	9:00am - 10:00pm	Michael Woods	
Warm Pool Swimming	1:00pm - 8:00pm	Michael Woods	Warm Pool
Freestyle Dance	5:15pm - 6:15pm	Michael Woods	
Active Move	5:15pm - 6:15pm	Michael Woods	
Active Move	5:15pm - 6:15pm	Michael Woods	
Shapes	5:30pm - 6:15pm	Michael Woods	
Velo: Rhythm	6:15pm - 7:00pm	Michael Woods	
BodyCombat	6:20pm - 7:05pm	Michael Woods	
Active for Health	6:30pm - 7:30pm	Michael Woods	
Active for Health	6:30pm - 7:30pm	Michael Woods	

Strength Development	7:15pm - 8:00pm	Michael Woods	
Lane Swimming	8:00pm - 9:30pm	Michael Woods	8 Lanes Main Pool
Public Swimming	8:30pm - 9:00pm	Michael Woods	Training Pool

Friday

Morning

Lane Swimming	6:00am - 7:15pm	Michael Woods	2 Lanes Main Pool
Public Swimming	6:00am - 8:00am	Michael Woods	8 Lanes Main Pool
Velo: Rhythm	6:15am - 7:00am	Michael Woods	
Kettlebells	7:15am - 8:00am	Michael Woods	
Lane Swimming	8:00am - 7:15pm	Michael Woods	2 Lanes Main Pool
Vinyasa Yoga	8:05am - 8:50am	Michael Woods	
Outdoor Running Track	9:00am - 10:00pm	Michael Woods	6 Lanes
Aqua	9:15am - 10:00am	Michael Woods	
Rise Gymnastics Discover	9:30am - 10:15am	Michael Woods	
RPM	9:30am - 10:15am	Michael Woods	
Tums, Bums & Thighs	9:30am - 10:15am	Michael Woods	
Active for Life	9:30am - 10:30am	Michael Woods	
Active for Life	9:30am - 10:30am	Michael Woods	
Public Swimming	10:00am - 3:00pm	Michael Woods	
Rise Gymnastics Tots	10:15am - 11:00am	Michael Woods	
BodyBalance	10:30am - 11:15am	Michael Woods	
Velo: Forever	10:30am - 11:15am	Michael Woods	
Active for Life	10:30am - 11:15am	Michael Woods	
Active for Life	10:30am - 11:30am	Michael Woods	
Active Aqua	11:00am - 11:45am	Michael Woods	
Velo: Forever	11:30am - 12:15pm	Michael Woods	

Active for Health	11:30am - 12:30pm	Michael Woods	
Active for Health	11:30am - 12:30pm	Michael Woods	
Senior Flex	11:45am - 12:30pm	Michael Woods	
Afternoon			
Lane Swimming	6:00am - 7:15pm	Michael Woods	2 Lanes Main Pool
Lane Swimming	8:00am - 7:15pm	Michael Woods	2 Lanes Main Pool
Outdoor Running Track	9:00am - 10:00pm	Michael Woods	6 Lanes
Public Swimming	10:00am - 3:00pm	Michael Woods	
Velo: Forever	11:30am - 12:15pm	Michael Woods	
Active for Health	11:30am - 12:30pm	Michael Woods	
Active for Health	11:30am - 12:30pm	Michael Woods	
Senior Flex	11:45am - 12:30pm	Michael Woods	
Active for Health	12:30pm - 1:30pm	Michael Woods	
Active for Health	12:30pm - 1:30pm	Michael Woods	
Warm Pool Swimming	2:30pm - 7:00pm	Michael Woods	
BodyPump	5:30pm - 6:15pm	Michael Woods	
Evening			
Lane Swimming	6:00am - 7:15pm	Michael Woods	2 Lanes Main Pool
Lane Swimming	8:00am - 7:15pm	Michael Woods	2 Lanes Main Pool
Outdoor Running Track	9:00am - 10:00pm	Michael Woods	
Warm Pool Swimming	2:30pm - 7:00pm	Michael Woods	Warm Pool
BodyPump	5:30pm - 6:15pm	Michael Woods	
Pickleball Social	6:00pm - 8:00pm	Michael Woods	
Musical Theatre Fitness	6:30pm - 7:15pm	Michael Woods	
RPM	6:30pm - 7:15pm	Michael Woods	
Pool Disco	7:30pm - 9:00pm	Michael Woods	Main Pool

Saturday

Morning

Lane Swimming	8:00am - 5:00pm	Michael Woods	2 Lanes Main Pool
Public Swimming	8:00am - 5:00pm	Michael Woods	6 Lanes Main Pool
HYROX	8:15am - 9:00am	Michael Woods	
Velo: Connect	8:30am - 9:15am	Michael Woods	
Public Swimming	9:00am - 4:00pm	Michael Woods	
Outdoor Running Track	9:00am - 5:00pm	Michael Woods	3 Lanes
Tot Kickers	9:15am - 10:00am	Michael Woods	
BodyPump	9:30am - 10:30am	Michael Woods	
Warm Pool Swimming	9:30am - 2:30pm	Michael Woods	
Yoga	9:45am - 10:30am	Michael Woods	
Junior Football	10:00am - 10:45am	Michael Woods	
Junior Gym	10:00am - 10:45am	Michael Woods	
Mini Kickers	10:45am - 11:30am	Michael Woods	
Pilates	10:45am - 11:30am	Michael Woods	
Tot Kickers	11:30am - 12:15pm	Michael Woods	

Afternoon

Lane Swimming	8:00am - 5:00pm	Michael Woods	2 Lanes Main Pool
Public Swimming	8:00am - 5:00pm	Michael Woods	6 Lanes Main Pool
Public Swimming	9:00am - 4:00pm	Michael Woods	
Outdoor Running Track	9:00am - 5:00pm	Michael Woods	3 Lanes
Warm Pool Swimming	9:30am - 2:30pm	Michael Woods	
Tot Kickers	11:30am - 12:15pm	Michael Woods	

Evening

Sunday

Morning

Public Swimming	8:00am - 3:45pm	Michael Woods	6 Lanes Main Pool
Lane Swimming	8:00am - 3:45pm	Michael Woods	2 Lanes Main Pool
Musical Theatre Fitness	8:15am - 9:00am	Michael Woods	
Junior Trampolining	8:30am - 9:15am	Michael Woods	
Velo: Connect	9:00am - 10:00am	Michael Woods	
Public Swimming	9:00am - 3:45pm	Michael Woods	
Outdoor Running Track	9:00am - 5:00pm	Michael Woods	6 Lanes
Junior Trampolining	9:15am - 10:00am	Michael Woods	
Grit Strength	9:30am - 10:00am	Michael Woods	
Warm Pool Swimming	9:30am - 2:30pm	Michael Woods	
Trampolining	10:00am - 10:45am	Michael Woods	
BodyBalance	10:15am - 11:00am	Michael Woods	
Junior Trampolining	10:45am - 11:45am	Michael Woods	
Trampolining	11:00am - 11:45am	Michael Woods	
Junior Trampolining	11:45am - 12:45pm	Michael Woods	

Afternoon

Public Swimming	8:00am - 3:45pm	Michael Woods	6 Lanes Main Pool
Lane Swimming	8:00am - 3:45pm	Michael Woods	2 Lanes Main Pool
Public Swimming	9:00am - 3:45pm	Michael Woods	
Outdoor Running Track	9:00am - 5:00pm	Michael Woods	6 Lanes
Warm Pool Swimming	9:30am - 2:30pm	Michael Woods	
Junior Trampolining	11:45am - 12:45pm	Michael Woods	
Junior Trampolining	12:45pm - 1:45pm	Michael Woods	

Evening