

CHRISTMAS TIMETABLE 2018

Please note our amended Group Exercise Timetable for the Christmas Period.

All class times for w/c 17th December are running as normal.

Have a Merry Christmas and a Happy New Year...

24th December 2018 – 1st January 2019

Day	Starts	Class	Location	Duration	Instructor
Mon 24th Christmas eve Opening hours 08:00-16:00	10.00	Aerobics	Dance studio	60 mins	Jackie
	11.00	BodyPump	Dance studio	60 mins	Louise
	11.15	Indoor cycle	Cycle Studio	30 mins	Jackie
	12.05	BodyBalance	Dance studio	60 mins	Louise
	13:00	Circuits	Arena	40 mins	Fitness team
Tues 25th Christmas Day - Closed	Christmas Day – MERRY CHRISTMAS				
Wed 26th Boxing Day – Closed	Boxing Day – Closed				
Thur 27th Opening hrs 08:00-20:00	09.15	Pilates	Dance Studio	45 mins	Tessa
	11:45	Indoor Cycle	BodyPump	60 mins	Grace
	12:30	Vinyasa Flow Yoga	Func. Studio	60 mins	Leanne
	13.00	Circuits	Arena	40 mins	Fitness Team
	17:30	Body Conditioning	Dance Studio	60 mins	Sarah
	18:15	Indoor cycle	Cycle Studio	45 mins	Lucas
	18:30	Fitness Pilates	Dance studio	60 mins	Sarah
Fri 28th Opening hours 08:00-20:00	09:30	BodyPump	Dance Studio	45 mins	Grace
	10:30	Body Balance	Dance Studio	45 mins	Grace
	11:15	Zumba	Dance Studio	45 mins	Nivia
	12:15	Indoor Cycle	Cycle Studio	30 mins	Louise
	13:05	Synrgy	Func. Studio	60 mins	Fitness team
	17:45	Indoor cycle	Cycle Studio	45 mins	Grace
Sat 29st Opening hours 08:00-16:00	09:30	Body Combat	Dance Studio	60 mins	Diane
	09:45	Indoor Cycle	Cycle Studio	45 mins	Grace
	10:30	Body Pump	Dance Studio	60 mins	Grace
	10:45	Body Balance	Func. Studio	60 mins	Tessa
Sun 30th Opening hours 08:00-16:00	09.30	Yoga	Studio	60 mins	Emma
	10.30	Triple Challenge	Studio	60 mins	Jackie
	10:30	Indoor Cycle	Cycle Studio	45 mins	Katy

Mon 31st Opening hours 08:00-16:00	08:30	Pilates	Gymnastics Centre	60 mins	Tessa
	11.00	BodyPump	Dance studio	60 mins	Louise
	11.15	Indoor cycle	Cycle Studio	30 mins	Jackie
	12.05	BodyBalance	Dance studio	60 mins	Louise
	13:00	Circuits	Arena	40 mins	Fitness team
Tuesday 1st New Year's Day – Closed	New Year's day – Closed				

The new Studio Timetable will commence on Monday 7th January 2019.

Thank you for your support throughout the year.