



CHRISTMAS

GROUP EXERCISE TIMETABLE

Please note our amended Group Exercise Timetable for the Christmas Period. All class times until Christmas eve are running as normal. The new Studio Timetable will commence on Friday 7th January 2022. Have a Merry Christmas and a Happy New Year...

TIME	CLASS	LOCATION	DURATION	INSTRUCTOR
Friday 24th December				
09:30	BodyPump	Dance Studio	45	Grace
10:30	BodyBalance	Dance Studio	45	Grace
11:30	Zumba	Dance Studio	60	Joao
12:15	Indoor Cycle	Cycle Studio	30	Jackie
Saturday 25th December - Closed				
Sunday 26th December - Closed				
Monday 27th December				
10:00	Aerobics	Dance Studio	45	Jackie
11:00	BodyPump	Dance Studio	45	Louise
12:05	BodyBalance	Dance Studio	60	Louise
13:00	Circuits	Arena	40	Fitness Team
Tuesday 28th December				
09:00	LBT	Dance Studio	45	Sarah
10:00	Dynamic Yoga	Functional Studio	55	Pema
12:15	Pilates	Dance Studio	45	Jackie
13:15	Step	Dance Studio	45	Jackie
Wednesday 29th December				
10:30	BodyPump	Dance Studio	45	Amanda
11:30	BodyBalance	Dance Studio	60	Louise
13:00	Vinyasaflow Yoga	Dance Studio	60	Leanne
13:15	Indoor Cycle	Cycle Studio	30	Tara
Thursday 30th December				
09:00	Pilates	Dance Studio	45	Tessa
11:00	Circuits	Functional Studio	45	Fitness Team
11:45	BodyPump	Dance Studio	60	Sarah
12:30	Vinyasaflow Yoga	Dance Studio	60	Leanne
Friday 31st December				
09:30	BodyPump	Dance Studio	45	Grace
10:30	BodyBalance	Dance Studio	45	Grace
11:30	Zumba	Dance Studio	60	Joao
12:15	Indoor Cycle	Cycle Studio	30	Jackie
Saturday 1st January - Closed				