

CHRISTMAS GROUP EXERCISE TIMETABLE

Day	Time	Class	Location	Info
Monday 25th December & Tuesday 26th December 2023 - Closed				
Wednesday	09:30 - 10:30	Circuits	Func Studio	
Wednesday	10:30 - 11:30	BodyPump	Dance Studio	
Wednesday	11:35 - 12:35	BodyBalance	Dance Studio	
Wednesday	13:00 - 14:00	VinyasaFlow Yoga	Dance Studio	
Wednesday	13:15 - 13:45	Indoor Cycle	Cycle Studio	
Thursday	09:00 - 10:00	Pilates	Dance Studio	
Thursday	11:00 - 11:30	Indoor Cycle	Cycle Studio	
Thursday	11:45 - 12:45	BodyPump	Dance Studio	
Thursday	13:00 - 13:40	Circuits	Arena	
Friday	09:30 - 10:30	BodyPump	Dance Studio	
Friday	10:30 - 11:30	BodyBalance	Dance Studio	
Friday	11:30 - 12:30	Zumba	Dance Studio	
Friday	12:15 - 12:45	Indoor Cycle	Cycle Studio	
Saturday	09:15 - 10:15	BodyCombat	Dance Studio	 YM
Saturday	09:45 - 10:25	Indoor Cycle	Cycle Studio	
Saturday	10:30 - 11:30	BodyPump	Dance Studio	
Saturday	10:45 - 11:45	BodyBalance	Func Studio	 YM
Sunday	09:00 - 10:00	Yoga	Dance Studio	 YM
Sunday	10:15 - 11:15	Triple Challenge	Dance Studio	
Sunday	10:30 - 11:15	Indoor Cycle	Cycle Studio	 YM
Sunday	11:30 - 12:30	BodyPump	Dance Studio	

Monday 1st January 2024 - Closed

	Cycle Classes		Cardio & Dance Classes		HIIT Classes
	Mind & Body Classes		Strength & Conditioning Classes		
	Martial Arts Classes		Aqua Classes	YM	Youth Member Class