

Christmas Group Fitness timetable

	Monday 20th Dec	Tuesday 21st Dec	Wednesday 22nd Dec	Thursday 23rd Dec	Friday 24th Dec	Monday 27th Dec	Tuesday 28th Dec	Wednesday 29th Dec	Thursday 30th Dec	Sunday 2nd Jan	Monday 3rd Jan
7.30am		YOGA	PILATES	BODYBALANCE					BODYBALANCE		
9.00am	SENIOR CIRCUIT									tone	
9.30am											
10.00am	SENIOR CIRCUIT									RPM	
11.00am											
12.00pm					BODYATTACK						
12.30pm	UNLEASH	CORE									
1.10pm	BODYPUMP	GRIT									BODYPUMP
3.00pm	CORE	BODYPUMP	GRIT	RPM		CORE	GRIT	BODYPUMP	RPM		
3.30pm											CORE
4.00pm	BODYATTACK	tone	BODYPUMP	BODYATTACK		BODYATTACK	tone	GRIT	BODYATTACK		BODYATTACK
4.30pm											
5.00pm											

* Trip classes will run as per normal timetable during opening hours.
 All classes will return as per regular schedule from January 10th
 Wishing all our members a joyous and happy Christmas and wonderful new year.