



Christmas Timetable 23rd Dec – 30th Dec

NO CLASSES SUNDAY 24TH, MONDAY 25TH, TUESDAY 26TH AND SUNDAY 31ST

	SAT 23	SUN 24	MON 25	TUE 26	WED 27	THU 28	FRI 29	SAT 30
9.30am	<i>sprint</i>				BODYPUMP	GRIT	RPM	<i>sprint</i>
10.00am	BODYCOMBAT							BODYCOMBAT
12.00pm	YOGA							YOGA
12.30pm					<small>LES MILLS</small> THE TRIP Virtual		<i>sprint</i> Virtual	
1.10pm						RPM Virtual		
4.00pm					BODYATTACK	BODYPUMP	CORE	BODYPUMP
4.30pm							BODYATTACK	

