

# Christmas Classes and Opening

| Monday 22nd December | 06.30 - 21.00 |         |
|----------------------|---------------|---------|
| Supple Strength      | 08.30 - 09.15 | Luke    |
| Aqua Aerobics        | 09.00 - 09.45 | Sarah   |
| Aerobics             | 09.30 - 10.30 | Dawn    |
| Yoga                 | 10.45 - 12.00 | Helen   |
| Aqua Aerobics        | 17.30 - 18.15 | Sarah   |
| Body Pump            | 18.25 - 19.10 | Sarah   |
| Fitness Pilates      | 19.15 - 20.00 | Kathryn |

| Tuesday 23rd December | 06.30 - 21.00 |       |
|-----------------------|---------------|-------|
| Body Pump             | 09.30 - 10.15 | Aisha |
| Pilates               | 10.30 - 11.30 | Trish |
| Body Pump             | 11.45 - 12.30 | Becky |
| Legs, Bums and Tums   | 18.00 - 18.45 | Becky |
| Yoga                  | 19.00 - 20.00 | Renu  |

| Wednesday 24th December | 06.30 - 19.00 |       |
|-------------------------|---------------|-------|
| Aerobics                | 09.00 - 09.45 | Molly |
| Beginners Pilates       | 10.00 - 11.00 | Sarah |
| Low Impact Aerobics     | 11.45 - 12.30 | Molly |
| Pilates                 | 12.45 - 13.30 | Trish |

| Thursday 25th December | 06.30 - 15.00 |  |
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No Classes

| Friday 26th December | 06.30 - 19.00 |  |
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No Classes

| Saturday 27th December | 07.00 - 20.00 |       |
|------------------------|---------------|-------|
| Studio Cycling         | 09.30 - 10.15 | James |
| Abs Blast              | 10.30 - 11.00 | James |

| Sunday 28th December | 07.00 - 20.00 |  |
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No Classes

| Monday 29th December | 06.30 - 20.00 |         |
|----------------------|---------------|---------|
| Body Toning          | 07.00 - 07.45 | Radka   |
| Supple Strength      | 08.30- 09.15  | Luke    |
| Aqua Aerobics        | 09.00 - 09.45 | Sarah   |
| Aerobics             | 09.30 - 10.30 | Molly   |
| Aqua Aerobics        | 17.30 - 18.15 | Sarah   |
| Body Pump            | 18.25 - 19.10 | Sarah   |
| Fitness Pilates      | 19.15 - 20.00 | Kathryn |

| Tuesday 30th December | 06.30 - 20.00 |         |
|-----------------------|---------------|---------|
| Aqua Aerobics         | 09.00 - 09.45 | Kathryn |
| Body Pump             | 9.30 - 10.15  | Aisha   |
| Pilates               | 10.30 - 11.30 | Trish   |
| Body Pump             | 11.45 - 12.30 | Becky   |
| Legs, Bums and Tums   | 18.00 - 18.45 | Becky   |

| Wednesday 31st December | 06.30 - 18.00 |       |
|-------------------------|---------------|-------|
| Aerobics                | 09.00 - 09.45 | Molly |
| Beginners Pilates       | 10.00 - 11.00 | Sarah |
| Low Impact Aerobics     | 11.45 - 12.30 | Molly |
| Pilates                 | 12.45 - 13.30 | Trish |

| Thursday 1st January | 07.00 - 18.00 |  |
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Body Pump 09.30 - 10.15 Becky

Yoga 10.45 - 12.00 Helen

| Friday 2nd January | 06.30 - 20.00 |       |
|--------------------|---------------|-------|
| Circuits           | 07.00 - 07.45 | James |
| Aerobics           | 09.30 - 10.30 | Molly |
| Beginners Yoga     | 10.45 - 11.45 | Renu  |
| Pilates            | 12.00 - 13.00 | Magee |

| Saturday 3rd January | 07.00 - 20.00 |       |
|----------------------|---------------|-------|
| Body Pump            | 08.30 - 09.15 | Emma  |
| Studio Cycling       | 09.30 - 10.15 | Radka |
| Abs Blast            | 10.30 - 11.00 | Radka |

| Sunday 4th January | 07.00 - 20.00 |      |
|--------------------|---------------|------|
| Yoga               | 10.00 - 11.00 | Renu |