



CHRISTMAS & NEW YEAR FITNESS CLASS TIMETABLE 2018

Thursday 20th December:	12.30pm-1.30pm 6.00pm-7.15pm 6.15pm-6.45pm 7.00pm-7.45pm 7.15pm-8.15pm	Fitness Circuits Yoga Krunch & Kore Spinning Boxercise
Friday 21st December	12.15pm-1.00pm	Spinning
Saturday 22nd December	10.30am-11.30am 11.30am-12.30am	Total Body Zumba
Sunday 23rd December	10.00am-11.15am 11.30am-12.30pm	Yoga Bootcamp Circuits

No classes on 24th 25th & 26th December (Closed 25th & 26th)

Thursday 27th December	12.30pm-1.30pm 6.00pm-7.15pm 6.15pm-6.45pm 7.00pm-7.45pm	Fitness Circuits Yoga Krunch & Kore Spinning
Friday 28th December:	12.15pm-1.00pm	Spinning
Saturday 29th December	11.30am-12.30pm	Zumba
Sunday 30th December	10.00am-11.15am 11.30am-12.30pm 5.15pm-6.15pm	Yoga Bootcamp Circuits Energy Blast
Monday 31st December	12.30pm-1.30pm	Fitness Circuits

No classes 1st January '19 (Closed)

All classes back to normal from 2nd January '19

ALL TEACHERS SUBJECT TO AVAILABILITY

