

# CHRISTMAS GROUP EXERCISE TIMETABLE

Monday 23rd December - Friday 27th December



Day	Time	Class	Location	Info
Monday 23rd	08:15 - 09:15	Pilates	Dance Studio	
Monday 23rd	10:00 - 11:00	Aerobics	Dance Studio	
Monday 23rd	11:00 - 12:00	BodyPump	Dance Studio	
Monday 23rd	11:15 - 12:00	Pilates	Func Studio	
Monday 23rd	12:05 - 13:05	BodyBalance	Dance Studio	
Monday 23rd	12:15 - 12:45	Indoor Cycle	Cycle Studio	
Monday 23rd	13:00 - 13:40	Circuits	Arena	
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Tuesday 24th	09:00 - 10:00	LBT	Dance Studio	
Tuesday 24th	10:00 - 10:55	Dynamic Yoga	Func Studio	
Tuesday 24th	11:10 - 12:00	Flow Yoga	Func Studio	
Tuesday 24th	11:15 - 12:00	BodyPump	Dance Studio	
Tuesday 24th	12:15 - 12:45	Indoor Cycle	Cycle Studio	
Tuesday 24th	12:15 - 13:00	Pilates	Dance Studio	
Tuesday 24th	13:00 - 13:40	Circuits	Arena	
Tuesday 24th	13:00 - 13:45	Body Sculpt	Dance Studio	
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Wednesday 25th Christmas Day - Closed				
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Thursday 26th Boxing Day - Closed				
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Friday 27th	09:30 - 10:30	BodyPump	Dance Studio	
Friday 27th	10:30 - 11:30	BodyBalance	Dance Studio	
Friday 27th	11:30 - 12:30	Zumba	Dance Studio	
Friday 27th	12:00 - 12:30	Indoor Cycle	Cycle Studio	

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

# CHRISTMAS GROUP EXERCISE TIMETABLE

Saturday 28th December - Wednesday 1st January



Day	Time	Class	Location	Info
Saturday 28th	09:15 - 09:45	Les Mills Shapes	Dance Studio	
Saturday 28th	09:45 - 10:25	Indoor Cycle	Cycle Studio	
Saturday 28th	10:30 - 11:30	BodyPump	Dance Studio	
Saturday 28th	10:45 - 11:45	BodyBalance	Func Studio	YM
Sunday 29th	09:00 - 10:00	Yoga	Dance Studio	YM
Sunday 29th	10:15 - 11:15	Triple Challenge	Dance Studio	
Sunday 29th	10:30 - 11:15	Indoor Cycle	Cycle Studio	YM
Sunday 29th	11:30 - 12:30	BodyPump	Dance Studio	
Monday 30th	10:00 - 11:00	Aerobics	Dance Studio	
Monday 30th	11:00 - 12:00	BodyPump	Dance Studio	
Monday 30th	11:15 - 12:00	Pilates	Func Studio	
Monday 30th	12:05 - 13:05	BodyBalance	Dance Studio	
Monday 30th	12:15 - 12:45	Indoor Cycle	Cycle Studio	
Monday 30th	13:00 - 13:40	Circuits	Arena	
Tuesday 31st	09:00 - 10:00	LBT	Dance Studio	
Tuesday 31st	10:00 - 10:55	Dynamic Yoga	Func Studio	
Tuesday 31st	11:15 - 12:00	BodyPump	Dance Studio	
Tuesday 31st	12:15 - 12:45	Indoor Cycle	Cycle Studio	
Tuesday 31st	12:15 - 13:00	Pilates	Dance Studio	
Tuesday 31st	13:00 - 13:45	Body Sculpt	Dance Studio	

Wednesday 1st January New year's Day - Closed

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