

CHRISTMAS GROUP EXERCISE TIMETABLE

Monday 22nd December - Friday 26th December



Day	Time	Class	Location	Info
Monday 22nd	10:00 - 11:00	Aerobics	Dance Studio	Cardio & Dance Classes
Monday 22nd	11:00 - 12:00	BodyPump	Dance Studio	Strength & Conditioning Classes
Monday 22nd	11:15 - 12:00	Pilates	Func Studio	Mind & Body Classes
Monday 22nd	12:05 - 13:05	BodyBalance	Dance Studio	Mind & Body Classes
Monday 22nd	12:15 - 12:45	Indoor Cycle	Cycle Studio	Cycle Classes
Monday 22nd	13:00 - 13:40	Circuits	Arena	Strength & Conditioning Classes
Monday 22nd	17:30 - 18:30	Body Pump	Dance Studio	Strength & Conditioning Classes
Tuesday 23rd	09:00 - 10:00	LBT	Dance Studio	Strength & Conditioning Classes
Tuesday 23rd	10:00 - 10:55	Dynamic Yoga	Func Studio	Mind & Body Classes
Tuesday 23rd	11:15 - 12:00	BodyPump	Dance Studio	Strength & Conditioning Classes
Tuesday 23rd	12:15 - 12:45	Indoor Cycle	Cycle Studio	Cycle Classes
Tuesday 23rd	12:15 - 13:00	Pilates	Dance Studio	Mind & Body Classes
Tuesday 23rd	13:00 - 13:40	Circuits	Arena	Strength & Conditioning Classes
Tuesday 23rd	17:30 - 18:30	Aerobics	Dance Studio	Cardio & Dance Classes
Tuesday 23rd	18:00 - 18:45	Indoor Cycle	Cycle Studio	Cycle Classes
Tuesday 23rd	18:30 - 19:30	Step	Dance Studio	Cardio & Dance Classes
Wednesday 24th	09:30 - 10:30	Circuits	Func Studio	Strength & Conditioning Classes
Wednesday 24th	10:30 - 11:30	Body Pump	Dance Studio	Strength & Conditioning Classes
Wednesday 24th	11:35 - 12:35	Body Balance	Dance Studio	Mind & Body Classes
Wednesday 24th	13:00 - 13:45	Vinyasa Flow Yoga	Dance Studio	Mind & Body Classes
Wednesday 24th	13:15 - 13:45	Indoor Cycle	Cycle Studio	Cycle Classes

Thursday 25th Christmas Day - Closed



Friday 26th Boxing Day - Closed

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 27th December - Wednesday 1st January



Day	Time	Class	Location	Info
Saturday 27th	09:00 - 09:45	Les Mills Shapes	Dance Studio	
Saturday 27th	09:45 - 10:25	Indoor Cycle	Cycle Studio	
Saturday 27th	10:30 - 11:30	BodyPump	Dance Studio	
Saturday 27th	10:45 - 11:45	BodyBalance	Func Studio	 YM
Sunday 28th	09:00 - 10:00	Yoga	Dance Studio	 YM
Sunday 28th	10:15 - 11:15	Triple Challenge	Dance Studio	
Sunday 28th	10:30 - 11:15	Indoor Cycle	Cycle Studio	 YM
Sunday 28th	11:30 - 12:30	BodyPump	Dance Studio	
Monday 29th	10:00 - 11:00	Aerobics	Dance Studio	
Monday 29th	11:00 - 12:00	BodyPump	Dance Studio	
Monday 29th	11:15 - 12:00	Pilates	Func Studio	
Monday 29th	12:05 - 13:05	BodyBalance	Dance Studio	
Monday 29th	12:15 - 12:45	Indoor Cycle	Cycle Studio	
Monday 29th	13:00 - 13:40	Circuits	Arena	
Tuesday 30th	10:00 - 10:55	Dynamic Yoga	Func Studio	
Tuesday 30th	11:15 - 12:00	BodyPump	Dance Studio	
Tuesday 30th	12:15 - 12:45	Indoor Cycle	Cycle Studio	
Tuesday 30th	12:15 - 13:00	Pilates	Dance Studio	
Tuesday 30th	13:00 - 13:40	Circuits	Arena	
Wednesday 31st	09:30 - 10:30	Circuits	Func Studio	
Wednesday 31st	10:30 - 11:30	Body Pump	Dance Studio	
Wednesday 31st	11:35 - 12:35	Body Balance	Dance Studio	
Wednesday 31st	13:00 - 13:45	Vinyasa Flow Yoga	Dance Studio	
Wednesday 31st	13:15 - 13:45	Indoor Cycle	Cycle Studio	

Thursday 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