

Christmas Fitness Class Timetable

MONDAY 23rd

TUESDAY 24th

Christmas Day

Boxing Day

FRIDAY 27th

SATURDAY 28th

SUNDAY 29th

09:30-10:15
Body Conditioning
Circuit
Diana

09:30-10:00
Express
Body Pump
Diana

CLOSED

CLOSED

09:30-10:00
Express
Body Pump
Diana

10:05-10:35
Express
Body Balance
Diana

10:05-10:35
Express
Body Balance
Diana

10:00-10:45
Body Conditioning
Circuit
Diana

10:50-11:20
Express
Body Balance
Diana

09:55-10:40
Circuit
Sam

10:45-11:15
Body Balance
Sam

MONDAY 30th

TUESDAY 31st

New Years Day

09:30-10:15
Body Conditioning
Circuit
Sam

09:30-10:00
Express
Body Pump
Sam

CLOSED

10:05-10:35
Express
Body Balance
Sam

Class Index

- High Intensity
- Strength & Conditioning
- Low Impact
- Dance
- Aqua
- Adult Climbing

