



GROUP EXERCISE TIMETABLE

Christmas 2019 - New Year 2020

Monday 23rd December

0800-0900 Wake up Yoga
 0900-1000 Easyline for all abilities
 1000-1100 HIIT
 1000-1100 Mixed ability spin
 1100-1200 Les Mills Bodybalance™
 1700-1750 Kettlercise
 1715-1800 CardioBox
 1800-1900 Bar & Bell
 1800-1900 Mixed ability spin
 1800-1900 Circuits
 1900-2000 Mixed ability spin

Tuesday 24th CLOSED

Wednesday 25th CLOSED

Thursday 26th CLOSED

Friday 27th December

0900-1000 Easyline for all abilities
 1000-1100 FIT (Friday Interval Training)
 1000-1100 Mixed ability spin

Saturday 28th December

0830-0930 Bodyattack™
 0930-1030 Strength & suspension training

Sunday 29th December

1000-1100 Kettlercise
 1100-1200 Les Mills Bodybalance™

Monday 30th December

0900-1000 Easyline for all abilities
 1000-1100 Mixed ability spin
 1000-1100 HIIT
 1100-1200 Les Mills Bodybalance™

Tuesday 31st December CLOSED

Wednesday 1st January 2020 CLOSED

Thursday 2nd January

0700-0730 Circuit Blast
 1000-1100 Easyline all abilities
 1000-1100 Mixed ability spin
 1800-1900 Mixed ability spin

Friday 3rd January

0900-1000 Easyline for all abilities
 1000-1100 Mixed ability spin
 1000-1100 FIT (Friday Interval Training)
 1800-1900 Circuit Blast
 1800-1900 Mixed ability spin

Saturday 4th January:

0830-0930 Bodyattack™
 0930-1030 Strength & suspension training

Sunday 3rd January:

No Classes

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Please be aware booking is essential over the Christmas/New Year period for classes to go ahead

KEY	CARDIO
	DANCE
	MIND & BODY
	STRENGTH & CONDITIONING
	SPIN