



Christmas Class Timetable



Monday 23rd December

As normal

Tuesday 24th December

Pilates 09:00-10:00

Aqua 09:15-10:00

Studio Cycle 09:30-10:15

Silver Zone 10:15-11:00

Ladies Lifting 13:00-14:00

Friday 27th December

Studio Cycle 08:15-09:00

Aqua 09:15-10:00

Silver Zone 10:15-11:00

Saturday 28th December

Studio Cycle 08:30-09:15

Sunday 29th December

Studio Cycle 09:30-10:15

Monday 30th December

Step 09:00-09:45

Aqua 09:15-10:45

Silver Zone 10:15-11:00

Bootcamp 13:00-13:45

Studio Cycle 14:15-15:00

Tuesday 31st December

Pilates 09:00-10:00

Aqua 09:15-10:00

Silver Zone 10:15-11:00

Pump Fit 12:00-12:45

Studio Cycling 09:30-10:15

All classes will be returning to our normal timetable from Thursday 2nd January. Please visit our website for more details.