

Christmas Studio Class Timetable

(24 Dec - 1 Jan)

Tuesday 24 December

08:45-09:30	Group cycle	Sophie
09:40-10:25	Body Pump	Sophie
10:40-11:25	Pilates	Emma
11.30-12.15	Gentle Flow Yoga	Emma

Wednesday 25 December

No classes

Thursday 26 December

09:00-10:00	Boxing Day walk	Gym team
-------------	-----------------	----------

Friday 27 December

08:45-09:30	Bootcamp Blast	Donna
09:30-10:00	Functional Core	Donna
10:10-10:55	Pilates	Emma
11:00-11:45	Freestyle weights	Emma
12:00-12:45	Pilates	Emma

Saturday 28 December

08:45-09:30	Group cycle	Sophie
09:40-10:25	Body Pump	Sophie
10:30-11:15	Circuits	Gym team

Sunday 29 December

08:30-09:00	Bootcamp Blast	Gym team
09:10-09:55	Hatha Yoga	Denise
10:00-10:45	Hatha Yoga	Denise

Monday 30 December

08:45-09:30	Pedal & Tone	Donna
09:30-10:10	Body Conditioning	Donna
10:15-11:00	Boxing Circuit	Gym team
18:45-19:30	Yoga Nidra	Diana

Tuesday 31 December

08:45-09:30	Group cycle	Sophie
09:40-10:25	Body Pump	Sophie

Wednesday 1 January

09:00-10:00	New Year's walk	Gym team
-------------	-----------------	----------

Classes can be booked no earlier than six days before.