

Christmas Classes from Monday 19th December 2011

Monday 19 th December - 6.30am to 10pm				
AS NORMAL				

Tuesday 20 th December - 6.30am to 10pm				
Time	Class Name	Level	Studio	Instructor
10:00	BODY COMBAT	ALL	1	Danielle
11:00	ZUMBA	ALL	1	Movema
12:00	BODY PUMP	ALL	1	Alison
13:00	CYCLING & ABS	ALL	2	Duncan
17:30	BODY COMBAT	ALL	1	Danielle
18:30	ZUMBA	ALL	1	Melody
18:30	RPM	ALL	2	Emma
19:30	BODY BALANCE	ALL	1	Emma

Wednesday 21 st December - 6.30am to 10pm				
Time	Class Name	Level	Studio	Instructor
7:00	CIRCUIT TRAINING	ALL	1	Gary
9.30	BODY PUMP	ALL	1	Debbie
10:45	STEP	ALL	1	Debbie
12:00	BODY BALANCE	ALL	1	Alison
13:00	RPM	ALL	1	Duncan
18:00	STEP	ALL	1	Vicky
18:00	RPM	ALL	2	Lesley
19:00	BODY PUMP	ALL	1	Laura

Thursday 22 nd December - 6.30am to 10pm				
Time	Class Name	Level	Studio	Instructor
7.15	RPM	ALL	2	Lesley
9.30	BODY ATTACK	ALL	1	Margaret
11:00	AQUA	ALL	POOL	Margaret
13:00	BODY PUMP / TONE	ALL	1	Duncan
17:45	BODY ATTACK	ALL	1	Kersha
18:00	RPM	ALL	2	Emma
19:00	CIRCUIT TRAINING	ALL	1	Gary

Friday 23 rd December - 6.30am to 8pm				
Time	Class Name	Level	Studio	Instructor
7.15	BODY PUMP	ALL	1	Graham
10.30	CYCLING & ABS	ALL	2	Duncan
12:00	BOXING & ABS	ALL	1	Graham
17:30	CYCLING	ALL	1	Graham

Saturday - Christmas Eve - 8am to 4pm				
Time	Class Name	Level	Studio	Instructor
10:10	BODY PUMP	ALL	1	Esme
11:15	CYCLING	ALL	2	Laura
13:00	CIRCUIT TRAINING	ALL	1	Gary

Sunday & Monday - Christmas Day & Boxing Day				
CLUB CLOSED				

Tuesday 27 th December - 8am to 6pm				
Time	Class Name	Level	Studio	Instructor
10.00	CYCLING & ABS	ALL	2	Duncan
11:00	ZUMBA	ALL	1	Movema
12.00	BODY PUMP	ALL	1	Mark
16.00	CIRCUIT TRAINING	ALL	2	Gary

Wednesday 28 th December - 7am to 8pm				
Time	Class Name	Level	Studio	Instructor
9:30	BOOTCAMP	ALL	1	Dave
13:00	CYCLING & ABS	ALL	2	Duncan
14:00	BODY BALANCE	ALL	1	Emma
17:00	RPM	ALL	2	Emma
18:00	BODY PUMP	ALL	1	Laura

Thursday 29 th December - 7am to 8pm				
Time	Class Name	Level	Studio	Instructor
9:30	RPM	ALL	2	Lesley
10:30	CIRCUIT TRAINING	ALL	1	Duncan
11.00	AQUA	ALL	POOL	Margaret
12:00	CYCLING & ABS	ALL	1	Duncan
13:00	BODY PUMP	ALL	1	Lucy
17.00	RPM	ALL	2	Emma

Friday 30 th December - 7am to 8pm				
Time	Class Name	Level	Studio	Instructor
9:30	BOOTCAMP	ALL	1	Dave
10:30	ZUMBA	ALL	1	Alison
13:00	CYCLING	ALL	1	Graham
17.00	CYCLING & ABS	ALL	1	Graham

Saturday 31 st New Year's Eve - 8am to 4pm				
Time	Class Name	Level	Studio	Instructor
9:00	TRIPLE CHALLENGE	ALL	1	Esme
10:10	BODY PUMP	ALL	1	Esme
11:15	CYCLING & ABS	ALL	2	Duncan
14:00	BODY BALANCE	ALL	1	Graham

Sunday - New Years Day				
CLUB CLOSED				

Monday 2 nd January 2012 - 8am to 6pm				
Time	Class Name	Level	Studio	Instructor
9:00	CYCLING	ALL	2	Graham
10:30	BODY TONE	ALL	1	Graham
13:00	BOOTCAMP	ALL	1	Dave
15:00	CIRCUIT TRAINING	ALL	2	Dave

Tuesday 3 rd January 2012 - 6.30am to 10pm				
Time	Class Name	Level	Studio	Instructor
9:00	CYCLING & ABS	ALL	2	Duncan
10:00	BOOTCAMP	ALL	1	Dave
11:00	ZUMBA	ALL	2	Movema
12:00	BODY PUMP	ALL	1	Alison
13:00	PILATES	ALL	2	Jane
17:30	BODY COMBAT	ALL	1	Danielle
18:30	RPM	ALL	2	Emma
19:30	BODY BALANCE	ALL	1	Emma
20:30	BODY PUMP	ALL	2	Nicky

Wednesday 4 th January 2012				
BACK TO NORMAL				