

Christmas Exercise Class Timetable 2024

Monday 23rd December

Classes as normal except:

10.40am - 11.40am Legs, Bums and Tums

Tuesday 24th December

6.45am - 7.30am Body Pump (virtual)

7.00am - 7.45am RPM Cycle (Virtual)

7.45am - 8.15am Grit Cardio (virtual)

8.45am - 9.30am Pilates

9.45am - 10.30am Cycle

9.45am - 10.30am Zumba

10.30am - 11.30am Body Balance

10.45am - 11.30am RPM Cycle (virtual)

11.30am - 12.15pm Legs, Bums & Tums

1.15pm - 2.15pm Pilates

2.30pm - 3.00pm Barre (virtual)

3.00pm - 3.45pm RPM Cycle (virtual)

Wednesday 25th

and Thursday 26th December

NO CLASSES

Friday 27th December

Classes as normal except:

No Aqua Aerobics at 9.45am

Saturday 28th December

Classes as normal except:

10.00am - 11.00am Yoga will be replaced with Body Balance (virtual)

Sunday 29th December

Classes as normal

Monday 30th December

Classes as normal except:

10.40am - 11.40am Legs, Bums and Tums

Tuesday 31st December

6.45am - 7.30am Body pump (virtual)

7.00am - 7.45am RPM Cycle (Virtual)

7.45am - 8.15am Grit Cardio (virtual)

8.45am - 9.30am Pilates

9.45am - 10.30am Cycle

9.45am - 10.30am Zumba

10.30am - 11.30am Body Balance

10.45am - 11.30am RPM Cycle (virtual)

11.30am - 12.15pm Legs, Bums & Tums

1.15pm - 2.15pm Pilates

2.30pm - 3.00pm Barre (virtual)

3.00pm - 3.45pm RPM Cycle (virtual)

Wednesday 1st January 2025

NO CLASSES