

Christmas Exercise Class Timetable

Thursday 24th December
8.30am - 9.15am Body Balance
9.45am - 10.30am Aqua Aerobics
9.45am - 10.30am Body Combat
9.45am - 10.30am Keiser Cycle
10.45am - 11.30am Body Pump
11.50am - 12.35pm Pilates

**Friday 25th & Saturday 26th
December
No Classes**

**Sunday 27th December
Normal Timetable**

Monday 28th December
7.30am - 8.15am Keiser Cycle
8.30am - 9.15am Pilates
9.45am - 10.30am Keiser Cycle
9.45am - 10.30am Legs, Bums
& Tums
10.45am - 11.30am Body Pump
11.50am - 12.35pm Yoga Stretch
6.00pm - 6.45pm Body Combat
6.15pm - 7.00pm Keiser Cycle

**Tuesday 29th & Wednesday 30th
December
Normal Timetable**

Thursday 31st December
8.30am - 9.15am Body Balance
9.45am - 10.30am Aqua Aerobics
9.45am - 10.30am Body Combat
9.45am - 10.30am Keiser Cycle
10.46am - 11.30am Body Pump
11.50am - 12.35pm Pilates

**Friday 1st January
No Classes**

**Saturday 2nd January
Normal Timetable Resumes**

Your Safety is our priority - COVID-19

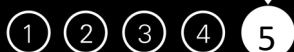
- ◆ Class times reduced to allow breaks between arrival and departure
- ◆ Music will be played at a lower level, as head mics aren't permitted
- ◆ Bring your own yoga mats if possible
- ◆ Arrive 5 minutes prior to class start time and leave immediately to reduce gatherings
- ◆ Refrain from using changing rooms/showers unless absolutely necessary

For all class details please visit the web site

General Facility Guidelines

- *All classes are subject to sufficient numbers attending, should class numbers fall below minimum participant numbers the class will be cancelled
Members will be notified in advance of cancellation
- * Class participants will be refused entry if they arrive late for the class
- * Class participants should not leave a class prior to designated finish time
- * Please book all classes in advance to avoid disappointment
(online booking and cancellation 6 hours prior is available)

FOOD HYGIENE RATING



Call 01752 848668

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