

# Christmas Timetable

## WED 24TH DECEMBER

GRIT strength (Virtual) 6.45am - 7.15am

Cycle 7.00am - 7.45am

Body Balance (Virtual) 7.45am - 8.45am

Core 9.15am - 9.45am

Body Combat 9.45am - 10.30am

Cycle 9.45am - 10.30am

Cycle (Virtual) 10.45am - 11.30am

Pilates 10.45am - 11.45am

Yoga Stretch 11.50am - 12.50pm

Dance (Virtual) 1.00pm - 1.30pm

GRIT strength (Virtual) 2.00pm - 2.30pm

Cycle (Virtual) 3.00pm - 3.45pm

Body Pump (Virtual) 4.00pm - 4.45pm

Cycle (Virtual) 5.00pm - 5.30pm

## WED 31ST DECEMBER

GRIT strength (Virtual) 6.45am - 7.15am

Cycle 7.00am - 7.45am

Body Balance (Virtual) 7.45am - 8.45am

Core 9.15am - 9.45am

Body Combat 9.45am - 10.30am

Cycle 9.45am - 10.30am

Cycle 50min (Virtual) 10.45am - 11.30am

Pilates 10.45am - 11.45am

Yoga Stretch 11.50am - 12.50pm

Dance (Virtual) 1.00pm - 1.30pm

GRIT strength (Virtual) 2.00pm - 2.30pm

Cycle 50 mins (Virtual) 3.00pm - 3.45pm

Body Pump (Virtual) 4.00pm - 4.45pm

Cycle 30 min (Virtual) 5.00pm - 5.30pm

## THU 25TH DECEMBER

NO CLASSES

## THU 1ST JANUARY

Pump (Virtual) 10.30am - 11.30am

Cycle (Virtual) 10.45am - 11.30am

Body Balance (Virtual) 11.45am - 12.45pm

GRIT strength (Virtual) 2.30pm - 3.00pm

Cycle (Virtual) 3.00pm - 3.45pm

Body Pump (Virtual) 4.00pm - 4.45pm

## FRI 26TH DECEMBER

Cycle 50min (Virtual) 10.45am - 11.30am

Body Pump (Virtual) 10.30am - 11.30am

Balance (Virtual) 11.45am - 12.45pm

## 27TH - 30TH DECEMBER

NORMAL CLASS TIMETABLE

## FRI 2ND JANUARY

NORMAL CLASS TIMETABLE