



# Christmas and New Year group Fitness Timetable

| Mon 17  | Tues 18   | Wed 19   | Thurs 20  | Fri 21   | Sat 22   | Sun 23   |
|---|---|--|---|--|--|--|
|   | 7.20am—AEROBIC STUDIO<br> <b>TOTAL BODY</b><br>Matt, 45min | 7.20am—SPIN STUDIO<br> <b>SPIN</b><br>Matt, 45min                    | 7.20am—AEROBIC STUDIO<br> <b>PUMP</b><br>Matt, 45min   | 7.20pm—SPIN STUDIO<br> <b>SPIN</b><br>Matt, 45min   |  |  |
| 12.05 —AEROBIC STUDIO<br> <b>YOGA</b><br>Samantha, 55min | 12.05 —AEROBIC STUDIO<br> <b>PUMP</b><br>Kristy, 45min     | 12.05 —AEROBIC STUDIO<br> <b>HIIT</b><br>Kaya, 45min                 | 12.05 —AEROBIC STUDIO<br> <b>PILATES</b><br>Sonia, 55min   | 12.05 —AEROBIC STUDIO<br> <b>PUMP</b><br>Ella, 55min  | 9.30am — AEROBIC STUDIO<br> <b>PUMP</b><br>Kristy, 55min                                    | 9.30am — AEROBIC STUDIO<br> <b>YOGA-LATES</b><br>Gaby, 55min                                    |
| 5.20pm—AEROBIC STUDIO<br> <b>PUMP</b><br>Alain, 55min    | 5.20pm—SPIN STUDIO<br> <b>SPIN</b><br>Mike, 45min          | 5.20pm—AEROBIC STUDIO<br> <b>DANCE FIT</b><br>RETRO with Lisa, 45min | 5.20pm—AEROBIC STUDIO<br> <b>YOGA</b><br>Michaela, 55min   | 5.20pm—AEROBIC STUDIO<br> <b>DANCE FIT</b><br>Sonia, 50min                                    |  |  |
| Tues 25th<br><i>Observed Holiday</i>  | Tues 25th<br><i>Merry Christmas</i>   | Wed 26th<br><i>Boxing Day</i>  | Thurs 27  | Fri 28   | Sat 29   | Sun 30   |
|    |    |    | 8.05am— AEROBIC STUDIO<br> <b>TOTAL BODY</b><br>Samantha, 45min<br><i>Facility hours = 8am—1pm</i> | 8.05am— AEROBIC STUDIO<br> <b>PILATES</b><br>Ella, 55min<br><i>Facility hours = 8am—1pm</i> | 9.30am — AEROBIC STUDIO<br> <b>PUMP</b><br>Ella, 55min<br><i>Facility hours = 8am—1pm</i> | 9.30am — AEROBIC STUDIO<br> <b>YOGA</b><br>Michaela, 55min<br><i>Facility hours = 8am—1pm</i> |
| Mon 31st<br><i>New Years Eve</i>  | Tues 1st<br><i>Happy New Year</i>   | Wed 2nd<br><i>Observed Holiday</i>   | Thurs 3<br><i>Normal Hours Resume</i>   | Fri 4  | Sat 5  | Sun 6  |
|    |    |    | 7.20am —AEROBIC STUDIO<br> <b>YOGA</b><br>Maggie, 55min  | 7.20am —AEROBIC STUDIO<br> <b>SPIN FIT</b><br>Maggie, 35min                                 |  |  |
|   |   |  | 12.05 —AEROBIC STUDIO<br> <b>TOTAL BODY</b><br>Sonia, 45min  | 12.05 —AEROBIC STUDIO<br> <b>PUMP</b><br>Samantha, 55min                                    | 9.30am — AEROBIC STUDIO<br> <b>ZUMBA</b><br>Alondra, 55min                                | 9.30am — AEROBIC STUDIO<br> <b>YOGA-LATES</b><br>Gaby, 55min                                  |
|   |   |  | 5.20pm—AEROBIC STUDIO<br> <b>DANCE FIT</b><br>RETRO with Lisa, 45min                               | 5.20pm—AEROBIC STUDIO<br> <b>X-FIT</b><br>Tom, 45min  |  |  |