# Christmas Fitness Timetable Week 1

20th-26th December

| MONDAY 20TH | TUESDAY 21ST | WEDNESDAY 22ND | THURSDAY 23RD | FRIDAY 24TH | CHRISTMAS DAY | BOXING DAY |
|---|---|---|---|---|---|---|
| 06:45 - 07:30<br>Body Pump<br>Mike | 06:45 - 07:30<br>Boot Camp<br>Alex | 06:45 - 07:30<br>Cycling Circuits<br>Gurj | 06:45 - 07:30<br>Barbell HIIT<br>Luke | | Club Closed | |
| 07:45 - 08:15<br>Core<br>Mike | 08:45 - 09:15<br>Core<br>Bernie | | | | | |
| 09:30 - 10:15<br>Body Pump<br>Mike<br>09:30 - 10:10<br>Aqua<br>Lisa | 09:30 - 10:15<br>Core Mobility<br>Gurj | 09:30 - 10:15<br>HIIT Strength<br>Gurj<br>09:30 - 10:10<br>Aqua<br>Lisa | 09:30 - 10:15<br>HIIT Circuits<br>Alex<br>09:30 - 10:10<br>Aqua<br>Francesca | 09:30 - 10:30<br>Barbell HIIT<br>Luke | | |
| 10:30 - 11:15<br>Body Combat<br>PANDA | 10:30 - 11:15<br>Cycling Circuits<br>Alex | Body Conditioning<br>10:30 - 11:15<br>Lisa | 10:30 - 11:15<br>Body Pump<br>Emily | | | |
| 11:30 -12:15<br>Dance Fitness<br>Lisa | 11:30 - 12:30<br>Core Stability<br>Lee | 11:30 -12:30<br>Therapeutic Yoga<br>Laura | 11:30 - 12:15<br>Core & Back Care<br>Alex | 11:30 - 12:00<br>Abs Blast<br>Luke | | |
| 12:30 -13:15<br>Beginner Yoga<br>Lisa | 12:45 - 13:45<br>Vinyasa Hatha Yoga<br>Zak | 12:45 - 13:30<br>Legs, Bums & Core<br>Lisa | 12:30 - 12:15<br>Vinyasa Hatha Yogqa<br>Zak | | | |
| 16:30 - 17:30<br>Hatha Yoga Flow<br>Laura | 16:00 - 16:45<br>Legs, Bums & Core<br>Luke | 17:30 - 18:15<br>Legs, Abs & Cardio<br>Alex | | | | |
| | 17:00 - 17:45<br>Body Balance<br>Freda | | 17:15 - 18:00<br>Body Balance<br>Bernie | | | |
| 18:00 - 18:45<br>Intelligent Cycling<br>Bernie | 18:15 - 19:00<br>Body Attack<br>David | 18:30 - 19:15<br>Body Pump<br>Bernie | 18:15 - 19:00<br>Cycling Circuits<br>Gurj | | | |
| 19:00 - 19:45<br>Boot Camp<br>Gurj | 19:15 - 20:00<br>Keiser Cycling<br>Lisa | 19:30 - 20:30<br>Vinyasa Hatha Yoga<br>Zak | 19:15 - 20:00<br>Balletiks<br>Claudia | | | |

Cardio | Strength & Toning | Low Impact & Relaxation | Cycling | Mixed Conditioning | Crèche Open

# Christmas Fitness Timetable Week 2

27th December - 2nd January

| BANK HOLIDAY MONDAY | BANK HOLIDAY TUESDAY | WEDNESDAY 29th | THURSDAY 30th | FRIDAY 31st | SATURDAY 1st | SUNDAY 2nd |
|---|---|---|---|---|---|---|
| 09:30 - 10:15<br>Dance Fitness<br>Lisa | 09:30 - 10:15<br>Body Balance<br>Bernie | 09:30 - 10:15<br>Body Pump<br>Bernie | 06:45 - 07:30<br>Body Pump<br>Mike | 08:30 - 09:15<br>Video Cycling<br>Mike | 10:30 - 11:15<br>Body Pump<br>Mike | 09:00 -09:45<br>Body Combat<br>Bernie |
| 10:30 - 11:15<br>Beginner Yoga<br>Lisa | 10:30 - 11:15<br>Cycling Circuits<br>Alex | 10:30 - 11:15<br>Core Mobility<br>Bernie | 07:45 - 08:15<br>Intelligent Sprint<br>Mike | 10:30 - 11:15<br>Body Pump<br>Mike | 11:30 - 12:15<br>Intelligent Cycling<br>Mike | 10:00 - 10:45<br>Intelligent Cycling<br>Bernie |
| 18:00 - 18:45<br>Boot Camp<br>Luke | 12:45 - 13:45<br>Vinyasa Hatha Yoga<br>Zak | 11:30 - 12:30<br>Therapeutic Yoga<br>Laura | 09:30 - 10:15<br>HIIT Circuits<br>Alex | | 12:30 - 13:00<br>Abs Blast<br>Luke | 11:00 - 11:30<br>Abs Blast<br>Alex |
| | 18:00 - 18:45<br>Legs, Bums & Core<br>Luke | 18:15 - 19:00<br>Keiser Cycling<br>Alex | 10:30 - 11:15<br>Body Pump<br>Mike | | | |
| | | | 18:15 - 19:00<br>Legs, Bums & Core<br>Luke | | | |

Cardio | Strength & Toning | Low Impact & Relaxation | Cycling | Mixed Conditioning