

# FESTIVE TIMETABLE

Each week is different. To see who is teaching see the app for details

TIME	MON 23/12/24	TUE 24/12/24	WED 25/12/24	THU 26/12/24	FRI 27/12/24	SAT 28/12/24	SUN 29/12/24	
8.00am		STEP 30	 <p><b>MERRY CHRISTMAS CLOSED CHRISTMAS DAY BOXING DAY 8AM TO 12PM &amp; 3PM TO 7PM</b></p>		TONE UP		CYCLE 45	
8.15am						TONE UP 45		
8.30am		BOOTY BURN 30						
9.00am							STRETCH	
9.30am	FIGHT FIT 45	LITE & LO CYCLE 45				ZUMBA 45	HATHA YOGA	
10.30am	PILATES					AO50's CYCLE 45		
10.35am		STRETCH						
11.35am	STRONG & STABLE 45					STRONG & STABLE 45		
4.00pm								ZUMBA 45
4.30pm	PILATES							
5.00pm		ZUMBA 45				ZUMBA 45		
5.45pm	TONE UP 45							
6.00pm		STRONG SET 45			CYCLE 45			
6.45pm	CYCLE 45							