



CHRISTMAS TIMETABLE

Normal classes on Monday 24 December

	Tues 25 Dec Xmas Day	Wed 26 Dec Boxing Day	Thurs 27 Dec	Fri 28 Dec	Sat 29 Dec	Sun 30 Dec	Mon 31 Dec
Gym	open	hours	7am-2pm	7am-2pm	7am-1pm	8am-12noon	7am-2pm
8.15am	C	C	tone 45min Renee	LES MILLS BODYPUMP Dane	LES MILLS GRIT STRENGTH Ash	tone 30' Renee	tone 45min Renee
8.15am (RPM)	L	L	LES MILLS RPM Ange	LES MILLS RPM Ange	LES MILLS RPM Mark		LES MILLS RPM Ange
8.45am	O	O			LES MILLS BODYATTACK 45' Mike(45min)	LES MILLS CXWORX Jax	
9.15am	S	S	LES MILLS CXWORX Ange	LES MILLS BODYBALANCE Bec		LES MILLS BODYBALANCE Bec	LES MILLS GRIT STRENGTH Ash
	E	E					
	D	D					



NEW YEAR TIMETABLE 2019

	Tues New Years Day	Wed 2 Jan	Thurs 3 Jan	Fri 4 Jan	Sat 5 Jan	Sun 6 Jan
Gym	open	hours	7am-2pm	7am-2pm	7am - 1pm	8am-12noon
8.15am	C	C	LES MILLS BODYATTACK Mike	LES MILLS GRIT CARDIO Nikayla	LES MILLS GRIT STRENGTH Ash	LES MILLS GRIT CARDIO Rose
8.15am (RPM)	L	L	LES MILLS RPM Kaye	LES MILLS RPM Ange	LES MILLS RPM Mark	
8.45am	O	O		tone Renee	LES MILLS BODYATTACK Mike (45min)	LES MILLS CXWORX Ange
9.15am	S	S	LES MILLS BODYPUMP  Ange			LES MILLS BODYBALANCE Bec
9.45am	E	E	LES MILLS CXWORX Ange	LES MILLS BODYBALANCE Bec		
	D	D				

Normal classes resume on Monday 7 January 2019.