

Christmas Class Timetable

Monday 23 December (6am - 10pm)

Time	Exercise Class	Location	Instructor
06.15 - 06.45	Les Mills CORE	Studio 1	Virtual
07.00 - 07.30	Les Mills SPRINT	Studio 1	Lorraine
07.40 - 08.40	Rise and Shine Yoga	Studio 2	Lorraine
08.00 - 08.50	Les Mills RPM	Studio 1	Virtual
09.30 - 10.25	LBT	Studio 1	Ruth
10.30 - 11.00	Les Mills BARRE	Studio 1	Virtual
10.30 - 11.30	Beginner Yoga	Studio 2	Ruth
11.15 - 11.45	Les Mills BODYBALANCE - Strength	Studio 1	Virtual
13.30 - 14.30	Les Mills BODYPUMP	Studio 1	Virtual
15.45 - 16.30	Les Mills BODYBALANCE	Studio 1	Virtual
16.45 - 17.00	Les Mills CORE - Ab Blast	Studio 1	Virtual
17.45 - 18.40	Les Mills BODYCOMBAT	Studio 1	Sohaila
18.00 - 18.55	Circuits	Sports Hall	Filipa
18.00 - 19.00	Hatha Yoga	Studio 2	Lorraine
18.45 - 19.45	Les Mills BODYJAM	Studio 1	Sohaila
20.00 - 20.45	Les Mills SH'BAM	Studio 1	Virtual

Tuesday 24 December (7.30am - 2pm)

Time	Exercise Class	Location	Instructor
07.50 - 08.30	Supple Strength	Studio 2	Lorraine
08.00 - 08.45	Les Mills THE TRIP	Studio 1	Virtual
10.45 - 11.15	Les Mills BARRE	Studio 1	Virtual
11.30 - 11.45	Les Mills CORE	Studio 1	Virtual
12.00 - 12.45	Les Mills BODYPUMP	Studio 1	Virtual
13.00 - 14.00	Les Mills BODYBALANCE	Studio 1	Virtual

Wednesday 25 December – CLOSED

Thursday 26 December – CLOSED

Friday 27 December (2pm - 9pm)

Time	Exercise Class	Location	Instructor
14.00 - 14.30	Les Mills BARRE	Studio 1	Virtual
14.40 - 15.30	Les Mills RPM	Studio 1	Virtual
15.45 - 16.30	Les Mills BODYPUMP	Studio 1	Virtual
18.00 - 19.00	Zumba	Studio 1	Rose
19.15 - 20.15	Les Mills BODYJAM	Studio 1	Sohaila

Christmas Class Timetable

Saturday 28 December (7.30am - 3pm)

Time	Exercise Class	Location	Instructor
08.30 - 09.30	Les Mills BODYPUMP	Studio 1	Sohaila
08.30 - 09.30	Dynamic Release Yoga	Studio 2	Dina
09.45 - 10.45	Les Mills BODYJAM	Studio 2	Sohaila
12.15 - 12.45	Les Mills BARRE	Studio 1	Virtual
13.00 - 13.45	Les Mills BODYCOMBAT	Studio 1	Virtual
14.00 - 14.30	Les Mills BODYBALANCE - Strength	Studio 1	Virtual

Sunday 29 December (7.30am - 3pm)

Time	Exercise Class	Location	Instructor
07.45 - 08.45	Les Mills BODYPUMP	Studio 1	Virtual
10.00 - 11.00	Dynamic Release Yoga	Studio 2	Dina
11.00 - 11.50	Les Mills RPM	Studio 1	Virtual
12.30 - 13.15	Les Mills CORE	Studio 1	Virtual
13.30 - 14.00	Les Mills BARRE	Studio 1	Virtual
14.15 - 14.45	Les Mills SH'BAM	Studio 1	Virtual

Monday 30 December (2pm - 9pm)

Time	Exercise Class	Location	Instructor
15.45 - 16.30	Les Mills BODYBALANCE	Studio 1	Virtual
16.45 - 17.00	Les Mills CORE - Ab Blast	Studio 1	Virtual
17.45 - 18.40	Les Mills BODYCOMBAT	Studio 1	Megan
18.00 - 18.55	Circuits	Sports Hall	Fitness Instructor
18.00 - 19.00	Hatha Yoga	Studio 2	Lorraine
18.45 - 19.45	Zumba	Studio 1	Rose
20.00 - 20.45	Les Mills SH'BAM	Studio 1	Virtual

Tuesday 31 December (7.30am - 2pm)

Time	Exercise Class	Location	Instructor
07.50 - 08.30	Supple Strength	Studio 2	Lorraine
08.00 - 08.45	Les Mills THE TRIP	Studio 1	Virtual
10.45 - 11.15	Les Mills BARRE	Studio 1	Virtual
11.30 - 11.45	Les Mills CORE	Studio 1	Virtual
12.00 - 12.45	Les Mills BODYPUMP	Studio 1	Virtual
13.00 - 14.00	Les Mills BODYBALANCE	Studio 1	Virtual

Wednesday 1st January – CLOSED