

# CHRISTMAS 2019 GROUP EXERCISE TIMETABLE

## SATURDAY 21 DEC

Club opening times 08.00 - 20.00

08:15	Body Balance	Judy	2
08:30	GRIT	Chris	1
08:45	FST	Gym Team 8	
09:15	Circuits	Chris	1
09:30	Step	Judy	2
09:45	TRX	Gym Team 8	
10:15	Recovery Stretch	Gym Team 8	
10:30	Indoor Cycling	Paul	1

## SUNDAY 22 DEC

Club opening times 08.00 - 20.00

08:45	FST	Gym Team 8	
09:15	Indoor Cycling	Ellie	1
09:45	TRX	Gym Team 8	
10:15	Recovery Stretch	Gym Team 8	
10:30	Body Pump	Ellie	1
16:00	Pilates	Heather	2
17:00	Pilates	Heather	2

## MONDAY 23 DEC

Club opening times 06.30 - 22.00

08:30	Xmas Indoor Cycling	Ellie	1
09:15	Aerobics	Kelly	2
09:25	Xmas Indoor Cycling	Ellie	1
09:30	FST	Gym Team 8	
10:00	Fitsteps	Kelly	2
10:25	Body Pump	Ellie	1
10:00	Recovery Stretch	Gym Team 8	
11:30	Body Balance	Judy	2
12:20	Pilates	Sonia	2
13:20	Pilates	Sonia	2
18:00	Indoor Cycling	Luke	1
18:15	FST	Gym Team 8	

## TUESDAY 24 DEC

Club opening times 08.00 - 16.00

08:05	Boxing	Mark	1
08:15	Pilates	Sonia	2
08:45	TRX	Gym Team 8	
09:15	Fitsteps	Kelly	2
09:15	Bellicon Rebound	Vicky	1
10:15	Yoga Somatics	Gabriel	2
10:30	TRX	Gym Team 8	
10:30	ZUMBA	Vicky	1
11:00	Recovery Stretch	Gym Team 8	

## CHRISTMAS & BOXING DAY

**CLOSED**

## FRIDAY 27 DEC

Club opening times 07.00 - 19.00

07:30	Indoor Cycling	Nikki V	1
08:00	Fitsteps	Gabriel	2
08:30	Indoor Cycling	Paul	1
08:45	FST	Gym Team 8	
09:15	Aerobics Invincibles	Nikki	2
09:25	Indoor Cycling	Paul	1
10:00	FST	Gym Team 8	
10:10	Aerobics	Nikki	2
10:25	Body Pump	Jo	1
10:30	Recovery Stretch	Gym Team 8	
12:15	Pilates	Helen	2
13:15	Pilates	Helen	2
18:00	Indoor Cycling	Paul	1

## SATURDAY 28 DEC

Club opening times 08.00 - 18.00

08:30	Body Balance	Elizabeth	2
08:45	FST	Gym Team 8	
09:00	Indoor Cycling	Paul	1
09:45	TRX	Gym Team 8	

## SUNDAY 29 DEC

Club opening times 08.00 - 18.00

08:45	FST	Gym Team 8	
09:15	Indoor Cycling	Ellie	1
09:45	TRX	Gym Team 8	
10:30	Body Pump	Ellie	1
16:00	Pilates	Heather	2
17:00	Pilates	Heather	2

## MONDAY 30 DEC

Club opening times 07.00 - 19.00

08:00	Yoga	Dorothy	2
08:30	Indoor Cycling	Ellie	1
09:00	Aerobics Invincibles	Kelly	2
09:25	Indoor Cycling	Ellie	1
09:30	FST	Gym Team 8	
09:45	Fitsteps	Kelly	2
10:25	Body Pump	Ellie	1
10:15	Recovery Stretch	Gym Team 8	
10:45	Aerobics	Kelly	2
11:30	Body Balance	Judy	2
12:20	Pilates	Heather	2
18:00	Indoor Cycling	Luke	1
18:00	Fitsteps	Gabriel	2
18:00	FST	Gym Team 8	

## TUESDAY 31 DEC

Club opening times 08.00 - 16.00

08:15	Pilates	Sonia	2
08:45	TRX	Gym Team 8	
09:15	Bellicon	Vicky	1
09:15	Fitsteps	Kelly	2
10:15	Yoga Somatics	Gabriel	2
10:30	TRX	Gym Team 8	
10:30	ZUMBA	Vicky	1
11:00	Recovery Stretch	Gym Team 8	
11:30	Pilates	Nikki H	2

**CLOSED WEDNESDAY 1 JANUARY**

**NEW TIMETABLE STARTS  
THURSDAY 2 JANUARY 2020**

**HAPPY  
NEW YEAR!**

09.30  
Thursday 19 Dec  
**CHRISTMAS  
CIRCUITS**  
with Chris

Timetable subject to change. Classes require a minimum of two people to run.

All classes are free to Gold Card members.

A late cancellation fee of £5 may be charged if classes are busy.

Off Peak Gold members are subject to a non-member fee (£8.00) outside of their membership times. This does not include access to the gym.

Key	1 Downstairs Studio	5 Main Hall	FST	Functional Strength Training
	2 Racquets Studio	6 Astro	GRIT	LES MILLS GRIT™
	3 Swimming Pool	7 Olympic Gym	TRX	Total Resistance eXercise
	4 Gym	8 QUBE	S&C	Strength & Conditioning