## **GROUP FITNESS HOLIDAY TIMETABLE**

LAST UPDATED: 18/12/2020 There will be some changes to your usual group fitness timetable from the 24 December 2020 until the 3 January 2021. Online pre-booking your next Group Fitness Class is essential. 50 minute 45 minute 60 minute **TH 24** FRI 25 SAT 26 **SUN 27 TUE 29 WED 30 THU 31** FRI 1 JAN SUN 3 **SAT 2 JAN** DEC **JAN** DEC DEC DEC DEC DEC DEC DEC Ultimate Ultimate Ultimate Body Cardio EPIC Cardio -EPIC Power -EPIC Power -**Body Burnout** Strength -Sculpt 7.15am **Group Fitness Group Fitness Group Fitness** - Group **Group Fitness** - Group Studio **Studio** Studio **Fitness** Studio **Fitness** Studio Studio Dru Yoga Dru Yoga Gentle Gentle -7.45am - Wellness Wellness Room Room - CHRISTMAS DAY - NEW YEARS DAY • AQUA (D) -• AQUA (D) -AQUA (S) -8.00am Deep Pool **Deep Pool Shallow Pool** Flex, Sculpt Flex, Sculpt and Functional and Tone -BodyPump BTT Full Body Tone - Group **Group Fitness** BodyPump -BodyPump -Mature Movers BodyPump -Circuit - Group - Group **Fitness Studio** 8.15am **Group Fitness Studio** - Group Fitness **Group Fitness Group Fitness Fitness Fitness** - Group **Studio Studio** Studio Studio **Fitness** SPIN - Cycle **Studio** Studio SPIN - Cycle **NO CLASSES** NO CLASSES Studio Studio **Studio** SPIN - Cycle 8.45am Studio Ultimate **Body Burnout** Ultimate Body - Group Total Body **Burnout - Group** BodyWeight Flex, Sculpt Flex, Sculpt BTT **Fitness** Strength **Fitness Studio** and Tone -Conditioning and Tone -**Studio** - Group Fitness - Group BodyAttack -**Group Fitness Group Fitness** BodyAttack -**Group Fitness Studio Fitness** AQUA Ultimate 9.15am **Group Fitness** Studio Studio Group Fitness **Studio** AQUA Studio (S) - Shallow **Studio** Studio Ultimate (S) -AQUA (S) -**Pool** SPIN - Cycle SCHWINN -SPIN - Cycle **Shallow Pool Shallow Pool** RPM - Cycle **Studio Cycle Studio** Studio Studio SPIN - Cycle SPIN - Cycle **Studio Studio SSES - NEW YEARS DAY ASSES - CHRISTMAS DAY** SPIN - Cycle 9.45am Studio BodyBalance BodyPump -- Wellness BodyPump -**Group Fitness** Lower **Studio Group Fitness** BodyBalance BodyBalance Studio BodyPump -**Body Blast**  BodyBalance Studio - Group - Group 10.15am **Group Fitness** - Group - Group **Fitness** Total **Fitness** AQUA Blend Studio **Fitness Fitness Studio** Studio UpperBodu AQUA Blend -Studio (D) - Deep Studio Burn - Group **Shallow Pool Pool Fitness Studio** AQUA Zumba • AQUA (S) -AQUA (S) -1.00pm (S) - Shallow Pool • AQUA (S) -• AQUA (S) -2.00pm **Shallow Pool Shallow Pool** BodyPump BodyAttack -EPIC Power -- Group 4.45pm **Group Fitness Group Fitness Fitness** Studio Studio Studio BodyBalance - Wellness Studio Zumba Zumba -- Group 5.45pm **Group Fitness Fitness** Ultimate Studio Cardio Sculpt -Studio **Group Fitness** Studio Butts, Thighs & Tummies

> - Wellness Studio

6.00pm