

# GROUP X

## FESTIVE TIMETABLE

20 December 2021 - 2 January 2022

### MONDAY, 20 DEC

Cycle Express	0700-0730
BodyPump	0930-1015
BodyBalance	1030-1125
Walking Football	1230-1400
Stretch & Flex	1310-1340
BodyPump	1730-1800
BodyAttack	1815-1845

### TUESDAY, 21 DEC

Circuits	0700-0745
Movement Matters Xtra	0915-1000
Stretch & Flex	1030-1115
BodyPump	1730-1815
Circuits	1845-1930

### WEDNESDAY, 22 DEC

Coach By Color	0645-0715
Circuits	1310-1340
BodyStep	1730-1815
Pilates	2000-2100

### THURSDAY, 23 DEC

Circuits	0700-0745
BodyBalance	0930-1015
Yoga Hit	1045-1115
Yoga for Strength	1145-1230
Walking Football	1230-1400
Coach By Color	1745-1830

### FRIDAY, 24 DEC

Coach By Colour	0700-0745
Circuits	1310-1340

### SATURDAY, 25 DEC

Centre Closed

### SUNDAY, 26 DEC

Centre Closed

### MONDAY, 27 DEC

Circuits	0700-0730
Movement Matters Xtra	0930-1015
Yoga Hit	1045-1115
Yoga Align	1145-1230
Circuits	1745-1830

### TUESDAY, 28 DEC

Circuits	0700-0745
Get Fit	0930-1015
Zumba	1730-1815
Stretch & Flex	1830-1915

### WEDNESDAY, 29 DEC

Coach by Color	0645-0715
Get Fit	0930-1015
Zumba	1730-1815
Pilates	1900-2000

### THURSDAY, 30 DEC

Stretch & Flex	0700-0745
Get Fit	0930-1015
Walking Football	1230-1400
Circuits	1745-1830

### FRIDAY, 31 Dec

Coach By Color	0700-0745
Get Fit	0930-1015
Chair Based Stretch	1030-1115
Circuits	1310-1340

### SATURDAY, 1 Jan

Centre Closed

### SUNDAY, 2 JAN

No Classes

Merry Christmas &  
Happy New Year from  
The Fitness and  
Group X Team!

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