

GROUP X-MAS TIMETABLE



WEDNESDAY 24TH DECEMBER	THURSDAY 25TH & FRIDAY 26TH DECEMBER	SATURDAY 27TH DECEMBER	SUNDAY 28TH DECEMBER	MONDAY 29TH DECEMBER	TUESDAY 30TH DECEMBER	WEDNESDAY 31ST DECEMBER	THURSDAY 1ST & FRIDAY 2ND JANUARY	SATURDAY 3RD JANUARY	SUNDAY 4TH JANUARY
0645-0730 INDOOR CYCLE	CLOSED	0930-1015 BODY PUMP	0930-1015 COACH BY COLOUR	0930-1000 BODY PUMP	0915-1000 GET FIT	0915-1000 GET FIT II	CLOSED	0930-1015 BODY PUMP	0930-1015 COACH BY COLOUR
0700-0730 BODY PUMP		1045-1130 INDOOR CYCLE	1415-1500 PUMP FX	1030-1115 PURE STRETCH	1015-1100 PURE STRETCH	0930-1015 GET FIT		1630-1730 MASTERS SWIMMING	
0915-1000 GET FIT II			1530-1615 GENTLE BROGA	1030-1115 CHAIR-BASED EXERCISE	1115-1200 ZUMBA	1030-1115 CHAIR BASED XTRA			
0930-1015 GET FIT			1630-1730 MASTERS SWIMMING	1130-1215 STRETCH & FLEX	1200-1245 MAT PILATES	1045-1145 WOMEN'S CIRCUITS			
1015-1100 PURE STRETCH			1135-1220 AQUA AEROBICS	1315-1400 YOGA ALIGN	1145-1230 MINDFUL YOGA				
1045-1145 WOMEN'S CIRCUITS			1630-1715 BODY COMBAT	1745-1815 INDOOR CYCLE	1230-1315 BODY COMBAT				
				1730-1815 BODY PUMP		1245-1330 RELAXATION			









































































































































































































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