

Class Timetable

Christmas Holidays

Monday 16th Dec

Time	Class	Location
Full Body Workout	09:15 – 10:00	Studio 1
Stages Cycle	10:10 – 10:55	Stages Studio
Body Conditioning	10:15 – 11:15	Studio 1
Yoga	11:30 – 12:30	Studio 1
Aqua Aerobics	12:00 – 12:45	Teaching pool
Pilates	12.45 – 13.45	Studio 1
Les Mills BodyPump	17:30– 18:30	Studio 1
Stages Cycle	18:15 – 19:00	Stages Studio
Pilates	18:45 – 19:45	Studio 2
HIIT	19:15 – 20:00	Studio 2
Deep water Aqua	19:30 - 20:30	Teaching pool
Zumba	19:50 – 20:50	Studio 1

Tuesday 17th Dec

Stages Cycle	07:00 – 07:45	Stages Studio
Kettlercise	09:15 – 10:00	Studio 1
Stages Cycle	10:00 – 10:45	Stages Studio
Yoga	10:30 – 11:30	Studio 1
Pilates	12:00 – 13:00	Studio 1
Aqua Aerobics	15:00 – 15.45	Teaching pool
Circuit	17:30 – 18:15	Studio 1
Stages Cycle	18.30 – 19:15	Stages Studio
L,B,T	18:30 – 19:15	Studio 1
Yoga	19:30 - 20:30	Studio 1

Wednesday 18th Dec

Les Mills Grit	09:00 – 09:30	Studio 1
Stages Cycle	09:30 – 10:15	Stages Room
Body Conditioning	09:45 – 10:45	Studio 1
Careful Conditionin	11:00 – 11:55	Studio 1
Aqua Aerobics	15.00 -15.45	Teaching Pool
Les Mills Grit	17.30 - 18.20	Stages Studio
Yoga	18:25 – 19:25	Studio 1
Indoor Cycling	18:30 - 19:15	Stages Studio
Zumba	19:00 – 20:00	Studio 2
Les Mills BodyPump	19:30 - 20:30	Studio
Aqua Aerobics	19:10 – 19:55	Training pool



Class Timetable

Thursday 19th Dec

Circuit	06:45 – 07:30	Studio 1
L,B,T	09:05 – 09:50	Studio 1
Yoga	10.05 – 10.55	Studio 1
Stages Cycle	09:30 – 10:15	Stages Studio
Stretch & Tone	11:15 – 12:05	Studio 1
Stages Virtual	12:15 – 13:00	Stages Studio
HIIT	17:45 - 18.15	Studio 1
Stages Flight	18.20 – 19.05	Stages Studio
Kettlercise	18:15 – 19:00	Studio 1
Aqua Aerobics	18:45 – 19:30	Teaching Pool

Friday 20th Dec

Stages Cycle	07:00 – 07:45	Stages Studio
Stages Cycle	09:30 – 10:15	Stages Studio
Pilates	09.20 - 10.20	Studio 1
Yoga	10.30- 11.30	Studio 1
Aqua Aerobics	12:05 – 12:50	Teaching pool
Barre Concept	18:15 – 19:15	Studio 1
Pilates	19:15 – 20:15	Studio 1

Saturday 21st Dec

Stages Cycle	08:30 - 09:30	Stages Studio
L,B,T	08:40 – 09:25	Studio 1
Les Mills BodyComa	09:35 – 10:30	Studio 1
Stages Cycle	09:30 – 10:15	Stages Studio
Les Mills BodyPump	10:35 – 11:35	Studio 1
Yoga	11:45 – 12:45	Studio 1

Sunday 22nd Dec

Indoor Cycling	08:30 – 09:15	Stages Studio
Les Mills BodyPump	09:30 – 10:30	Studio 1
Indoor Cyling	09:30 – 10:15	Stages Studio
Pilates	10:45 – 11:45	Studio 1



Class Timetable

Monday 23rd Dec

Full Body Workout	09:15 – 10:00	Studio 1
Stages Cycle	10:10 – 10:55	Stages Studio
Body Conditioning	10:15 – 11:15	Studio 1
Yoga	11:30 – 12:30	Studio 1
Aqua Aerobics	12:00 – 12:45	Teaching pool
Pilates	12.45 – 13.45	Studio 1
Zumba	17:45 – 18:45	Studio 1
Pilates	18:45 – 19:45	Studio 2
Stages Virtual	19:00 – 20:00	Stages Studio
Deep water Aqua	19:00 - 20:00	Teaching pool

Tuesday 24th

Stages Cycle	07:00 – 07:45	Stages Studio
Kettlercise	09:15 – 10:00	Studio 1
Stages Cycle	10:00 – 10:45	Stages Studio

Friday 27th Dec

Stages Cycle	07:00 – 07:45	Stages Studio
Stages Cycle	09:30 – 10:15	Stages Studio
Pilates	09.20 - 10.20	Studio 1
Yoga	10.30- 11.30	Studio 1
Aqua Aerobics	12:05 – 12:50	Teaching pool
Barre Concept	17:30 – 18:30	Studio 1
Pilates	18:30 – 19:30	Studio 1

Saturday 28th Dec

Indoor Cycling	08:30 - 09:30	Stages Studio
Stages Virtual	09:30 – 10:15	Stages Studio
Les Mills BodyPump	09.30 – 10.30	Studio 1
Yoga	10:30 – 11:30	Studio 1



Class Timetable

Sunday 29th Dec

Indoor Cycling	08:30 – 09:15	Stages Studio
Les Mills BodyPump	09:30 – 10:30	Studio 1
Indoor Cycling	09:30 – 10:15	Stages Studio
Stretch & Tone	10:45 – 11:45	Studio 1

Monday 30th Dec

Full Body Workout	09:15 – 10:00	Studio 1
Stages Cycle	10:10 – 10:55	Stages Studio
Body Conditioning	10:15 – 11:15	Studio 1
Yoga	11:30 – 12:30	Studio 1
Aqua Aerobics	12:00 – 12:45	Teaching pool
Pilates	12.45 – 13.45	Studio 1
Les Mills BodyPump	17:30 – 18:30	Studio 1
Zumba	18:30 – 19:30	Studio 1
Stages Virtual	19:00 – 20:00	Stages Studio

Tuesday 31st Dec

Stages Cycle	07:00 – 07:45	Stages Studio
Kettlercise	09:15 – 10:00	Studio 1
Indoor Cycling	10:00 – 10:45	Stages Studio
Pilates	12:00 – 13:00	Studio 1

