

XMAS Timetable

	Mon 19th Dec	Tue 20th Dec	Wed 21st Dec	Thur 22nd Dec	Fri 23rd Dec	Sat 24th Dec	Sun 25th Dec
Opening Hours	6am-9.30pm	6am-9.30pm	6am-9.30pm	6am-9.30pm	6am-9.30pm	8am-1pm	CLOSED
6.05am	Body Attack Sue	Boxing Circuit John			Body Pump Sue		XmasDay Holiday
9.00am				P.L.U.S. Circuit Julie			
9.30am	Tone & Shape Emily	Zumba Renee			Zumba John		
10.30am	P.L.U.S. Circuit Julie						
12.30pm	Boxing Circuit Sally		Boxing Circuit Emily		Cycle Class Simone		
6.30pm	Boxing Circuit Emily	Body Attack Amanda					
6.30pm			Boxing Circuit Emily	Body Attack Renee			
7.30pm	Body Step Louise	Body Pump Denise	Body Step Sue				
8.30pm	Body Balance Kath						
Monday 26th December - Sunday 1st January 2012							
	Mon 26th Dec	Tue 27th Dec	Wed 28th Dec	Thur 29th Dec	Fri 30th Dec	Sat 31st Jan	Sun 1st Jan
Opening Hours	CLOSED	9am - 2pm	6am-6.00pm	6am-6.00pm	6am-6pm	8am-1pm	CLOSED
9.30am	Boxing Day Holiday	Xmas Day Holiday					
10.30am							
12.30pm			Boxing Circuit Leigh		Cycle Simone		
Monday 3rd January - Sunday 9th January 2012							
	Mon 2nd Jan	Tue 3rd Jan	Wed 4th Jan	Thur 5th Jan	Fri 6th Jan	Sat 7th Jan	Sun 8th Jan
Opening Hours	9am - 2pm	6am-9.30pm	6am-9.30pm	6am-9.30pm	6am-9.30pm	8am-6pm	9am-6pm
8.30am	New Years Day Holiday					Body Step Louise	
9.30am						Body Pump Naomi	Body Pump Sue / Kate
10.30am					Zumba John		
12.30pm			Boxing Circuit Rhiannon		Cycle Class Simone		
6.30pm			Boxing Circuit Rhiannon	Body Attack Renee			
7.30pm		Body Pump Denise					
Monday 9th January - Sunday 6th February 2012							
	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Opening Hours	6am-9.30pm	6am-9.30pm	6am-9.30pm	6am-9.30pm	6am-9.30pm	8am-6pm	9am-6pm
6.05am	Body Attack Sue	Boxing Circuit John			Body Pump Sue		
8.30am						Body Step Louise/Amanda	BodyPump Roz
9.00am				P.L.U.S. Circuit Julie			
9.30am	Tone & Shape Emily	Zumba Renee			Zumba John	Body Pump Naomi	
10.30am	P.L.U.S. Circuit Julie	Pilates Petra	Zumba Jak				
12.30pm	Boxing Circuit Sally		Boxing Circuit Emily		Cycle Class Simone		
6.30pm	Boxing Circuit Emily	Body Attack Amanda					
6.30pm			Boxing Circuit Emily	Body Attack Renee			
7.30pm	Body Step Louise	Body Pump Denise	Body Step Sue				
8.30pm	Body Balance Kath						

New timetable will be launched the 7th February 2012 so stay tuned!