

Christmas Studio Timetable 2024

Tuesday 24th December – Xmas Eve

9.15 – 10.00am Body Pump Express - Natalie
10.00 – 10.45am Group Cycle & Core - Jodie
10.15 – 11.15am Yoga - Natalie



XMAS DAY AND BOXING DAY

Friday December 27th

9.00 – 10.00am Yoga - Michelle
9.15 – 10.00am Boot Camp - Jodie
10.00 – 10.45am Group Cycle & Stretch - Lucy
10.15 – 11.00am Zumba - Jan
5.30 – 6.15pm Pilates - Yvonne

Saturday 28th December

9.30 – 10.15am Group Cycle - Ros
9.30 – 10.15am Body Combat - Bec
10.30 – 11.30am Body Pump - Ros
11.45 – 12.45pm Body Balance - Ros

Sunday 29th December

8.45 – 9.45am Tai Chi - Andy
9.00 – 9.45am Group Cycle - Lucy
10 – 10.45am Weighted Workout - Lucy
11 – 11.45am Zumba - Andrea
12 – 12.45pm Pilates - Yvonne

Monday 30th December

8.00 – 8.45am Studio Circuit - Heather
9.30 – 10.00am Group Cycle - Ros
10.15 – 11.15am Body Pump - Ros
5.30 – 6.15pm Pilates - Ros
5.45 – 6.15pm Group Cycle - Lucy
6.30 – 7.15pm Legs, Tums & Bums - Lucy
7.30 – 8.30pm Yoga - Lucy

Tuesday 31st December NYE

9.15 – 10.00am Group Cycle & Core - Heather
9.30 – 10.15am Body Pump Express - Ros
10.30 – 11.30am Body Balance - Ros

