

Studio Timetable

Christmas & New Year 21st December - 27th December 2020

Monday 21st December

Body Pump	09.50 - 10.50	3
Pilates Beginners	10:10 - 11:00	2
Body Max Easy	11:00 - 12:00	3
Zumba	11:10 - 12:00	2
Pedal	12:15 - 13.00	vs
Line Dancing	13:00 - 13:45	3
Line Dancing	14:00 - 14:45	3
Body Balance	17:20 - 18:20	2
Body Pump	17:30 - 18:30	3
Pedal	18:00 - 18:50	vs
Yoga	18:30 - 19:30	2
Body Attack	18:45 - 19:45	3
Pedal	19:00 - 19:50	vs

Tuesday 22nd December

Pedal	07:00 - 07:50	vs
Tums, bums and thighs	09:50 - 10:50	2
Aquafit	10:00 - 10:45	Main Pool
Pilates	10:10 - 11:00	3
Pilates	11:10 - 12:10	3
Pilates Beginners	17:30 - 18:30	2
Body Max	17:40 - 18:40	3
Pedal	17:35 - 18:25	vs
Pilates	18:40 - 19:40	2
Body Pump	18.50 - 19.50	3
Pedal	18:50 - 19:40	vs
Zumba	19:45 - 20:45	2

Wednesday 23rd December

Pedal	10:00 - 10:45	vs
Pilates	11:15 - 12:15	3
Body Max Easy	14:00 - 15:00	3
Body Attack	17:30 - 18:30	3
Pedal	17:45 - 18:30	vs
Tums, bums and thighs	17:40 - 18:40	2
Body Combat	18:40 - 19:40	3
Pilates	18:50 - 19:50	2

Thursday 24th December

Body Max	09:00 - 09:50	3
Pedal	10:00 - 10:45	vs
Danze-IT	10:10 - 11:10	3

Friday 25th December

Christmas Day **CLOSED**

Saturday 26th December

Boxing Day **CLOSED**

Sunday 27th December

Pedal	08:10 - 08:50	vs
Pedal	09:00 - 09:50	vs
Body Balance	09:40 - 10:40	2
Pedal	10:00 - 10:50	vs
Body Attack	10:05 - 11:05	3
Pilates Intermediate	11:10 - 12:10	2
Body Pump	11:15 - 12:15	3



Advance booking only
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Studio 2: Evolve Gym Upper Level
 Studio 3: Floor 4 (Next to Virtual Studio)
 VS (Virtual Studio): Floor 4 (Next to Studio 3)
 Main Pool: Lower ground level -3