



CHRISTMAS / NEW YEAR GROUP FITNESS TIMETABLE

DATE	GROUP FITNESS TIMETABLE		
Monday 24th December 2018	Centre closes at 2pm. 1pm CXWORX & 1:30pm Balance Express cancelled. Evening classes cancelled.		
Christmas Day Tuesday 25th December 2018	CLOSED		
Boxing Day Wednesday 26th December 2018	Centre Hours 8:00am – 6:00pm Gym 7:30am – 6:00pm		
Cycle Studio	8:15am - 9:00am	SPIN	KATE
Group Fitness Studio 1	8:00am – 9:00am	BODY ATTACK	MONIQUE
	9:15am – 10:15am	BODY PUMP	MONIQUE
	10:30am – 11:30am	BODY BALANCE	KATE
Group Fitness Studio 2	9:15am – 10:00am	THROWDOWN COMBO CARDIO / POWER	KATE
Thursday 27th – Sunday 30th December 2018	NORMAL HOURS/TIMETABLE		
Monday 31st December	Centre closes at 2pm. 1pm CXWORX & 1:30pm Balance Express cancelled. Evening classes cancelled.		
Tuesday 1st January 2019	NO GROUP FITNESS CLASSES Centre Hours 8:00am – 6:00pm Gym Hours 7:30am – 6:00pm		