



18th-24th DEC

| Time | Mon 18 | Tue 19 | Wed 20 | Thur 21 | Fri 22 | Sat 23 | Sun 24 |
|---------|---------------|-------------------|--------------------------------|---------------|--------|------------------------|------------------|
| 6:10am | RPM | | | RPM | | | 9—1pm |
| 8:30am | | | | | | RPM | |
| 9:30am | Body Pump | RPM / 9am Yoga | Body Pump | | RPM | Christmas Body Pump | 9:15 Bodypump |
| 10.30am | Bodyvive | Pilates | | | | | |
| 11.30am | Active Adults | Active Adults | Active Adults | Active Adults | | | |
| 6:30pm | RPM | | Bodyvive 5:30pm Pump/RPM | Boxing | | | |
| 7:00pm | BodyPump | | 7:30pm Pilates | | | | |

25th—31st JAN

| Time | Mon 25 | Tue 26 | Wed 27 | Thur 28 | Fri 29 | Sat 30 | Sun 31 |
|---------|--------|--------|-------------------|---------------|----------|----------|------------------|
| | | | 8am Open | 8am Open | 8am Open | | |
| 8:30am | C | C | | | | RPM | 9:15 Bodypump |
| 9:30am | L | L | BodyPump | Bodyvive | RPM | Bodypump | |
| | O | O | | | | | |
| 11:30am | S | S | Active Adults | Active Adults | | | |
| 6:30pm | E | E | Body Pump/ RPM | Boxing | | | |
| 7:30pm | D | D | | | | | |

Christmas Hours

Sun 24th 9—1pm

Mon 25th CLOSED

Tues 26th CLOSED

Weds 27th 8am - 8pm

Thur 28th 8am—8pm

Frid 29th 8am—8pm

Sat 30th 8am—3pm

Sun 31st 8—1pm

Mon 1st Closed

*Have a safe and
Happy Christmas
and best of health
for 2017!*

