

# Christmas - NewYear 2018/19

HOLIDAY TIMETABLE Week 1



## 17th December - 23rd December

	17/12/2018	18/12/2018	19/12/2018	20/12/2018	21/12/2018	22/12/2018
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00	RPM	6:00 HILL D45	6:00 RPM	6:00	6:00 RPM	8:30
		6:00 BODYPUMP	6:15 CXWORX	6:00 BODYPUMP	6:00 BODYBALANCE	9:00 BODYPUMP
8:30		9:15 SPN CYCLE	9:30	9:15 SPN CYCLE	9:30 BODYPUMP	
9:30	BODYATTACK	10:00 BODYBALANCE	10:00 BODYPUMP	10:00 BODYBALANCE	10:30	3:30
10:00	BODYPUMP	11:00		11:00 BODYSTEP	11:00	
		11:45	11:30 YOGA	11:45		
12:30				12:30	12:00	23/12/2018
5:00	CXWORX	5:30 BODYATTACK	5:00	4:30 BODYPUMP	5:00 PRIMAL MOVEMENT	SUNDAY
5:00	RPM	5:00 30 CORE	5:30 BODYCOMBAT	5:30	5:30 BODYCOMBAT	
5:30	BODYATTACK	5:30 SPN CYCLE	6:00 RPM	5:30 RPM	5:45 SPN CYCLE	
6:00	RPM	5:30 BODYPUMP		6:00	6:00	10:00 BODYBALANCE
6:30	BODYPUMP	6:00	6:30 BODYBALANCE	6:30 YOGA		
7:30	BOXING	6:30		7:30		

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HOLIDAY TIMETABLE Week 2



## 24th December - 30th December

	24/12/2018	25/12/2018	26/12/2018	27/12/2018	28/12/2018	29/12/2018
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00	RPM	6:00	6:00	6:00	6:00	8:30 SPN CYCLE
		6:00	6:15	6:00	6:00	9:00
8:30		9:15	9:30	9:15	9:30 BODYPUMP	
9:30	BODYATTACK	10:00	10:00	10:00	10:30	3:30
10:00	BODYPUMP	11:00		11:00	11:00	
		11:45	11:30	11:45		
12:30				12:30	12:00	30/12/2018
5:00		4:30	5:00	4:30	5:00 PRIMAL MOVEMENT	SUNDAY
5:00		5:00	5:30	5:30	5:30 BODYCOMBAT	
5:30		5:30	6:00	5:30	5:45	
6:00		5:30	6:00	6:00	6:00	10:00 BODYBALANCE
6:30		6:00	6:30	6:30		
7:30		6:30		7:30		

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HOLIDAY TIMETABLE Week 4



## 7th January - 14th January

	7/01/2019	8/01/2019	9/01/2019	10/01/2019	11/01/2019	12/01/2019
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00	RPM	6:00	6:00 RPM	6:00 HILL D45	6:00 RPM	8:30
		6:00 BODYPUMP	6:15	6:00	6:00	9:00 BODYPUMP
8:30		9:15 SPN CYCLE	9:30	9:15	9:30 BODYPUMP	
9:30	BODYATTACK	10:00 BODYBALANCE	10:00 BODYPUMP	10:00 BODYBALANCE	10:30	3:30
10:00	BODYPUMP	11:00		11:00	11:00	
		11:45	11:30	11:45		
12:30				12:30	12:00	13/01/2019
5:00	CXWORX	5:00	4:30 BODYPUMP	5:00 HILL D30		SUNDAY
5:00	RPM	5:00 30 CORE	5:30	5:30	5:30	
5:30	BODYATTACK	5:30 SPN CYCLE	6:00 RPM	5:30 RPM	5:45 SPN CYCLE	
6:00		5:30 BODYPUMP		6:00	6:00	10:00 BODYBALANCE
6:30		6:00	6:30 BODYBALANCE	6:30		
7:30		6:30		7:30		

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HOLIDAY TIMETABLE Week 3



## 31st December - 6th January

	31/12/2018	01/01/2019	02/01/2019	03/01/2019	04/01/2019	05/01/2019
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00		6:00	6:00	6:00	6:00	8:30 SPN CYCLE
		6:00	6:15	6:00	6:00	9:00
8:30		9:15	9:30	9:15 SPN CYCLE	9:30 BODYPUMP	
9:30	BODYATTACK	10:00	10:00	10:00 BODYBALANCE	10:30	3:30
10:00	BODYPUMP	11:00		11:00	11:00	
		11:45	11:30	11:45		
12:30				12:30	12:00	06/01/2019
5:00		4:30	5:00	4:30 BODYPUMP	5:00 HILL D30	SUNDAY
5:00		5:00	5:30	5:30	5:30 BODYCOMBAT	
5:30		5:30	6:00	5:30	5:45	
6:00		5:30	6:00	6:00	6:00	10:00 BODYBALANCE
6:30		6:00	6:30	6:30		
7:30		6:30		7:30		

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HOLIDAY TIMETABLE Week 5



## 15th January - 21st January

	14/1/2019	15/1/2019	16/1/2019	17/01/2019	18/1/2019	19/1/2019
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00	RPM	6:00 HILL D45	6:00 RPM	6:00 HILL D45	6:00 RPM	8:30 SPN CYCLE
		6:00 BODYPUMP	6:15	6:00 BODYPUMP	6:00	9:00 BODYPUMP
8:30		9:15 SPN CYCLE	9:30	9:15 SPN CYCLE	9:30	
9:30	BODYATTACK	10:00 BODYBALANCE	10:00 BODYPUMP	10:00 BODYBALANCE	10:30	3:30
10:00	BODYPUMP	11:00		11:00	11:00	
		11:45	11:30	11:45		
12:30				12:30	12:00	20/1/2019
5:00	CXWORX	5:00	4:30 BODYPUMP	5:00 HILL D30		SUNDAY
5:00	RPM	5:00 30 CORE	5:30	5:30 BODYCOMBAT	5:30	
5:30	BODYATTACK	5:30 SPN CYCLE	6:00 RPM	5:30	5:45 SPN CYCLE	
6:00		5:30 BODYPUMP		6:00	6:00	10:00 BODYBALANCE
6:30		6:00	6:30 BODYBALANCE	6:30	6:30	
7:30	BOXING	6:30		7:30		

All the best for a safe and Merry Christmas, and Happy New Year for 2019 !  
From all the staff at D2f