





































# 19- 25th December HOLIDAY TIMETABLE & HOURS Christmas/New Year 2017

AM	MONDAY 19th		TUESDAY 20th		WEDNESDAY 21st		THURSDAY 22nd		FRIDAY 23rd		SATURDAY 24th
5:30	Open 5:30AM	5:30	Open 5:30AM	5:30	Open 5:30AM	5:30	Open 5:30AM	5:30	Open 5:30AM		
6:00		6:00		6:00	 LESMILLS BODYATTACK	6:00		6:00			
6:00	 LESMILLS RPM	6:00	 LESMILLS BODYPUMP	6:00	 LESMILLS RPM	6:00	 LESMILLS BODYPUMP	6:00	 LESMILLS RPM	8:00	Open 8:00AM
8:30										8:00	
9:30 Exp 30	 LESMILLS BODYATTACK	9:30		9:30 Exp 30	 d2f BOOTCAMP CIRCUIT 45	9:30	 TNT Tummy, Hips, Thighs			9:00	 LESMILLS BODYPUMP
10:00	 LESMILLS BODYPUMP	10:00	 LESMILLS BODYBALANCE	10:00	 TNT CORE	10:00 Exp 30	 SPIN CYCLE EXPRESS 30	9:30	 LESMILLS BODYPUMP	9:30	
		10:00	 SPIN CYCLE 50 MINS	10:30	 LESMILLS BODYPUMP	10:30		10:30		12:00	CLOSE 12 MIDDAY
		11:30		11:30	 YOGA	11:30					
PM		PM		PM		PM		PM			SUNDAY 25
4:15	 MOVE IT SHAKE IT DANCE	4:30 Exp 30				4:30	 LESMILLS BODYPUMP			8:00	<b>Closed Christmas Day</b>
5:00	 LESMILLS CXWORX	5:00	 TNT CORE	5:00	 LESMILLS CXWORX			5:00	 TNT CORE	10:00	
5:00	 LESMILLS RPM	5:30	 SPIN CYCLE 50 MINS	5:30	 LESMILLS BODYCOMBAT	5:30		5:30			
5:30	 LESMILLS BODYATTACK	5:30	 LESMILLS BODYPUMP	6:00	 LESMILLS RPM	6:00	 LESMILLS RPM	5:30 Exp 30	 SPIN CYCLE EXPRESS 30		
6:00 Exp 30		6:30	 KICK BOXING	6:30	 LESMILLS BODYBALANCE	6:30		8:00	Closed 8:00		
6:30		7:30	 MOVE IT SHAKE IT DANCE			8:30	Closed 8:30				
9:00	Closed 9:00	9:00	Closed 9:00	9:00	Closed 9:00						

**No Gym In A Box**