

# 2nd Jan to 8th Jan HOLIDAY TIMETABLE & HOURS Christmas/New Year 2017



AM	MONDAY 2nd		TUESDAY 3rd		WEDNESDAY 4th		THURSDAY 5th		FRIDAY 6th		SATURDAY 7th	
		6:00	Open 6:00 AM	6:00	Open 6:00 AM	6:00	Open 6:00 AM	6:00	Open 6:00 AM			
8:00	OPEN 8AM	6:00		6:00		6:00		6:00	LESMILLS BODYATTACK			
6:00	<b>OPEN 8 - 4PM NO CRECHE NO CLASSES</b>	6:00		6:00	LESMILLS RPM	6:00	LESMILLS BODYPUMP	6:00	LESMILLS RPM	8:00	Open 8:00 AM	
8:30			CRECHE 9:30 -11:30		CRECHE 9:30 -11:30		CRECHE 9:30 -11:30		CRECHE 9:30 -11:30	8:00	parkrun	
9:30 Exp 30			9:30		9:30 Exp 30		9:30			9:00	LESMILLS BODYPUMP	
10:00			10:00	LESMILLS BODYBALANCE	10:00		10:00 Exp 30	SPIN CYCLE EXPRESS 30	9:30	LESMILLS BODYPUMP	4:00	CLOSE 4:00
			10:00	SPIN CYCLE 50 MINS	10:30	LESMILLS BODYPUMP	10:30		10:30			
12:30							12:30					SUNDAY 8th
PM			PM	CRECHE 4:16 -6:30	PM	CRECHE 5:00 - 7:30	PM	CRECHE 4:16 -7:00	PM	CRECHE 4:16 -6:30		
4:15			4:30 Exp 30	LESMILLS BODYATTACK			4:30	LESMILLS BODYPUMP			8:00	Open 8:00 AM
5:00			5:00		5:00				5:00	LESMILLS CXWORX	10:00	LESMILLS BODYBALANCE
5:00			5:30	SPIN CYCLE 50 MINS	5:30	LESMILLS BODYCOMBAT	5:30		5:30			
5:30		5:30	LESMILLS BODYPUMP	6:00		6:00	LESMILLS RPM	5:30 Exp 30	SPIN CYCLE EXPRESS 30	4:00	CLOSE 4:00	
6:00 Exp 30		6:30		6:30	LESMILLS BODYBALANCE	6:30		6:30				
4:00	CLOSE 4:00	7:30	CLOSE 7:30	7:30	CLOSE 7:30	7:30	CLOSE 7:30	7:30	CLOSE 7:30			

**No Gym In A Box**