

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	LES MILLS RPM	6:00	H.I.I.T 045 HIGH INTENSITY INTERVAL TRAINING	6:00	LES MILLS RPM	6:00		6:00	LES MILLS RPM	8:30	
		6:00	LES MILLS BODYPUMP	6:15	LES MILLS CXWORX 30'	6:00	LES MILLS BODYPUMP	6:00	LES MILLS BODYBALANCE	9:00	LES MILLS BODYPUMP
8:30		9:15	SPIN CYCLE 50 MINS	9:30		9:15	SPIN CYCLE 50 MINS	9:30	LES MILLS BODYPUMP		
9:30	LES MILLS BODYATTACK 30'	10:00	LES MILLS BODYBALANCE	10:00	LES MILLS BODYPUMP	10:00	LES MILLS BODYBALANCE	10:30		3:30	
10:00	LES MILLS BODYPUMP	11:00				11:00	LES MILLS BODYPUMP	11:00			
		11:45		11:30	YOGA	11:45					
12:30						12:30		12:00			23/12/2018
5:00	LES MILLS CXWORX 30'	5:30	LES MILLS BODYATTACK 30'	5:00		4:30	LES MILLS BODYPUMP	5:00	PRIMAL MOVEMENT ZOO 30'		SUNDAY
5:00	LES MILLS RPM	5:00	30 CORE 30'	5:30	LES MILLS BODYCOMBAT	5:30		5:30	LES MILLS BODYCOMBAT 30'		
5:30	LES MILLS BODYATTACK	5:30	SPIN CYCLE 50 MINS	6:00	LES MILLS RPM	5:30	LES MILLS RPM	5:45	SPIN CYCLE EXPRESS 30 30'		
6:00	LES MILLS RPM	5:30	LES MILLS BODYPUMP			6:00		6:00		10:00	LES MILLS BODYBALANCE
6:30	LES MILLS BODYPUMP	6:00		6:30	LES MILLS BODYBALANCE	6:30	YOGA				
7:30	KICK BOXING	6:30				7:30					