

Christmas - NewYear 2018/19

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	Closed New Years Day	6:00	OPEN No Classes No Creche	6:00		6:00		8:30	SPIN CYCLE 50 MINS		
		6:00		6:15		6:00		6:00			9:00		
8:30		9:15		9:30		9:15	SPIN CYCLE 50 MINS	9:30	LES MILLS BODYPUMP				
9:30	LES MILLS BODYATTACK 30'	10:00		10:00		10:00	LES MILLS BODYBALANCE	10:30			3:30		
10:00	LES MILLS 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	LES MILLS BODYPUMP	5:00	H.I.I.T 530 HIGH INTENSITY INTERVAL TRAINING 30'		SUNDAY
5:00		5:00				5:30		5:30		5:30	LES MILLS BODYCOMBAT 30'		
5:30		5:30				6:00		5:30		5:45			
6:00		5:30				6:00		6:00		10:00	LES MILLS BODYBALANCE		
6:30		6:00		6:30		6:30							
7:30		6:30				7:30							