

# 9th Jan to 15 Jan HOLIDAY TIMETABLE & HOURS Christmas/New Year 2017

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00		6:00	<b>LES MILLS BODYATTACK</b>	6:00	6:00	
6:00	<b>LES MILLS RPM</b>	6:00 <b>LES MILLS BODYPUMP</b>	6:00 <b>LES MILLS RPM</b>	6:00 <b>LES MILLS BODYPUMP</b>	6:00 <b>LES MILLS RPM</b>	
8:30						8:00
9:30 Exp 30	<b>LES MILLS BODYATTACK</b>	9:30	9:30 Exp 30	9:30	<b>THT Tummy, Hips, Thighs</b>	
10:00	<b>LES MILLS BODYPUMP</b>	10:00 <b>LES MILLS BODYBALANCE</b>	10:00	10:00 Exp 30 <b>SPIN CYCLE EXPRESS 30</b>	9:30 <b>LES MILLS BODYPUMP</b>	9:30 <b>SPIN CYCLE 50 MINS</b>
		10:00 <b>SPIN CYCLE 50 MINS</b>	10:30 <b>LES MILLS BODYPUMP</b>	10:30	10:30 <b>LES MILLS CXWORX</b>	9:00 <b>LES MILLS BODYPUMP</b>
		11:00 Exp 30 <b>LES MILLS BODYSTEP</b>		11:30 <b>AQUA</b>	11:00	<b>PUMP 100 Launch</b>
		11:30 <b>REVITALIZE</b>	11:30	11:30 <b>REVITALIZE</b>		

## NORMAL OPENING HOURS AND CRECHE HOURS THIS WEEK.

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
4:15		4:30 Exp 30 <b>LES MILLS BODYATTACK</b>		4:30 <b>LES MILLS BODYPUMP</b>		8:00 <b>H.I.T. D60</b> HIGH INTENSITY INTERVAL TRAINING
5:00	<b>LES MILLS CXWORX</b>	5:00 <b>THT CORE</b>	5:00		5:00 <b>THT CORE</b>	10:00 <b>LES MILLS BODYBALANCE</b>
5:00	<b>LES MILLS RPM</b>	5:30 <b>SPIN CYCLE 50 MINS</b>	5:30 <b>LES MILLS BODYCOMBAT</b>	5:30 <b>LES MILLS BODYSTEP</b>	5:30 <b>LES MILLS BODYCOMBAT</b>	
5:30	<b>LES MILLS BODYATTACK</b>	5:30 <b>LES MILLS BODYPUMP</b>	6:00 <b>LES MILLS RPM</b>	6:00 <b>LES MILLS RPM</b>	5:30 Exp 30 <b>SPIN CYCLE EXPRESS 30</b>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Exp 30</b>                      = EXPRESS 30                      MINUTE CLASS                 </div>
6:00 Exp 30		6:30 <b>KICK BOXING</b>	6:30 <b>LES MILLS BODYBALANCE</b>	6:30 <b>KICK BOXING</b>	6:30 <b>LES MILLS BODYBALANCE</b>	
6:30	<b>LES MILLS BODYPUMP</b>	7:30		7:30		
<b>No Gym In A Box</b>						