

CHRISTMAS CLASS TIMETABLE

From Monday 16th Dec, 2024 to Sunday 5th Jan, 2025

Monday 16th Dec

12:05 - 12:50 Core Strength & Stretching*
13:05 - 13:50 Studio Cycling - Spin Studio

Tuesday 17th Dec

12:05 - 12:50 Core Strength & Stretching*
13:05 - 13:50 Studio Cycling - Spin Studio

Wednesday 18th Dec

12:05 - 12:50 Core Strength & Stretching*
13:05 - 13:50 Studio Cycling - Spin Studio

Thursday 19th Dec

12:05 - 12:50 Core Strength & Stretching*
13:05 - 13:50 Studio Cycling - Spin Studio

Friday 20th Dec

12:05 - 12:50 Core Strength & Stretching*
13:05 - 13:50 Studio Cycling - Spin Studio

Monday 23rd Dec

12:05 - 12:50 Core Strength & Stretching*
13:05 - 13:50 Studio Cycling - Spin Studio

Monday 30th Dec

12:05 - 12:50 Core Strength & Stretching*
13:05 - 13:50 Studio Cycling - Spin Studio

Tuesday 31st Dec

12:05 - 12:50 Core Strength & Stretching*
13:05 - 13:50 Studio Cycling - Spin Studio

Thursday 2nd Jan

12:05 - 12:50 Core Strength & Stretching*
13:05 - 13:50 Studio Cycling - Spin Studio

Friday 3rd Jan

12:05 - 12:50 Core Strength & Stretching*
13:05 - 13:50 Studio Cycling - Spin Studio

*Core Strength & Stretching in *Wellness Studio*