

Week 1

22nd DECEMBER - 26th DECEMBER 2009



Saturday 19th Dec.	Sunday 20th Dec.	Monday 21st Dec.	Tuesday 22nd Dec.	Wednesday 23rd Dec.	Thursday 24th Dec.	Friday 25th Dec.	Saturday 26th Dec.
<h1>AS NORMAL</h1>			Expr. Circuits 6.30 - 7.00am 7.00 - 7.30am	X-Bike 6.45am	X-Bike 9.30am	<div style="display: flex; flex-direction: column; align-items: center;"> C L O S E D </div>	
			BodyAttack Sarah (SH) 9.30am	Aerobics Cindy (ST) 9.00am	Body Pump Vida (SH) 9.30am		
			X-Bike 9.30am	X-Bike 9.30am	Aqua 10.15am		
			Body Pump Andrew (SH) 10.45am	Aqua 10.15am			
			Aqua 1.00pm	X-Bike 6.15pm			
			X-Bike 6.15pm	Aqua 7.15pm			
			Aerobics Cindy (ST) 6.15pm	Body Pump Laura (SH) 7.15pm			
			Body Pump Laura (SH) 7.30pm	Body Attack Shyam (ST) 7.20pm			

ST = STUDIO AND ALL CLASSES ARE 1 HOUR
 SH = SPORTS HALL AND ALL CLASSES ARE 1 HOUR
 ALL X-BIKE CLASSES ARE 45 MINUTES IN DURATION
 The regular timetable will re-commence on Monday 4th January

Week 2

27th DECEMBER - 3rd JANUARY 2010



Sunday 27th Dec.	Monday 28th Dec.	Tuesday 29th Dec.	Wednesday 30th Dec.	Thursday 31st Dec	Friday 1st Jan.	Saturday 2nd Jan.	Sunday 3rd Jan.
Aerobics Cindy (ST) 9.30am	Aerobics Tracey (ST) 9.30am	BodyPump Vida(ST) 6.30am	X-Bike 6.45am	X-Bike 9.30am	<div style="display: flex; flex-direction: column; align-items: center;"> C L O S E D </div>		Aerobics Alison Taylor (ST) 9.30am
X-Bike 10.15am	X-Bike 10.15am	Expr. Circuits 6.30 - 7.00am 7.00 - 7.30am	Aqua 9.15am	Aqua 10.15am			Aerobics Alison Taylor (ST) 10.15am
BodyPump Vida (SH) 10.15am	Aqua 10.15am	X-Bike 9.30am	Aqua 10.15am	Body Pump Gerry (SH) 2.00pm		X-Bike 10.15am	BodyPump Laura (SH) 10.15am
Aqua Instructor 11.15am	Body Pump Gerry (SH) 10.45am	Aqua 1.15pm	X-Bike 9.45am			Body Combat Wendy (SH) 10.30am	Aqua 11.15am
BodyBalance Pam (ST) 5pm	CardioBox 6.00pm	Aerobics Cindy (ST) 6.15pm	Body Cond. Tracey Dance (ST) 10.30am			Body Balance Heidi (ST) 11.30am	Ashtanga Yoga Francesca (ST) 12.00pm
	Aerobics Cindy (ST) 6.15pm	X-Bike 6.15pm	X-Bike 6.15pm				BodyBalance Pam 5pm
		X-Bike 7.15pm	Body Balance John (ST) 6.15pm				Expr. Circuits 6.30 - 7.00pm 7.00pm - 7.30pm
		Body Pump Laura (SH) 7.30pm	Aqua 7.15pm				
			Body Pump Vida (SH) 7.15pm				

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