

## Body Shape Christmas/New Year Timetable

Time	Mon 23 <sup>rd</sup> Dec	Tues 24 <sup>th</sup> Dec	Wed 25 <sup>th</sup> Dec	Thurs 26 <sup>th</sup> Dec	Fri 27 <sup>th</sup> Dec	Time	Sat 28 <sup>th</sup> Dec	Sun 29 <sup>th</sup> Dec
6.00						7.00	7.45-8.30 Pilates XPRS	8.10am Cycle
6.30					8.00-9.00 Hatha Yoga	8.00	8.35-9.35 Body Pump XPRS	8.45-9.30 Strength XPRS
8.30	8.30-9.15 Body Pump	8.30-9.30 Body Pump			9.00-9.45 Pilates XPRS	9.00	9.35am Cycle	9.30-10.15 Pilates XPRS
9.30	9.15am Cycle	9.30-10.30 Abs, Butts and Thighs			9.15-10.15 G/F Fit Fusion	10.00	9.45-10.30 Pilates XPRS	10.15-11.00 Pilates XPRS
10.00	10.15-11.15 Pilates	9.45am Cycle			9.30am Cycle	11.00	10.30-11.30 Zumba	
10.30					9.45-10.30 Pilates XPRS	12.00	11.30-12.30 Hatha Yoga	
11.00	11.15-12.15 Zumba	11.00-11.30 G/F Circuit Low Impact XPRS			10.30-11.00 Circuit XPRS			
11.30					11.00-11.30 Abs XPRS			

24 / 7  
NOW OPEN

24 / 7  
NOW OPEN

Time	Mon 30 <sup>th</sup> Dec	Tues 31 <sup>st</sup> Dec	Wed 1 <sup>st</sup> Jan	Thurs 2 <sup>nd</sup> Jan	Fri 3 <sup>rd</sup> Jan	Time	Sat 4 <sup>th</sup> Jan	Sun 5 <sup>th</sup> Jan
6.00						7.00	7.45-8.30 Pilates XPRS	8.10am Cycle
6.30					8.00-9.00 Hatha Yoga	8.00	8.35-9.35 Body Pump XPRS	8.45-9.30 Strength XPRS
8.30	8.30-9.15 Body Pump	8.30-9.30 Body Pump		8.30-9.00 Box Fit	9.00-9.45 Pilates XPRS	9.00	9.35am Cycle	9.30-10.15 Pilates XPRS
9.30	9.15am Cycle	9.30-10.30 Abs, Butts and Thighs		9.00-9.45 Barre XPRS	9.15-10.15 G/F Fit Fusion	10.00	9.45-10.30 Pilates XPRS	10.15-11.00 Pilates XPRS
10.00	10.15-11.15 Pilates	9.45am Cycle		9.45am Cycle	9.30am Cycle	11.00	10.30-11.30 Zumba	
10.30		10.30-11.30 Dynamic Flow Yoga		10.00-10.45 Strength + Conditioning XPRS	9.45-10.30 Pilates XPRS	12.00	11.30-12.30 Hatha Yoga	
11.00	11.15-12.15 Zumba	11.00-11.30 G/F Circuit Low Impact XPRS		10.45-11.45 Body Pump	10.30-11.00 Circuit XPRS			
11.30					11.00-11.30 Abs XPRS			

24 / 7  
NOW OPEN

### GYM STAFFED HOURS

The reception staff will be on everyday from 8am-1pm excluding Christmas Day, Boxing Day and New Years Day.

### Kids Club

Kids Club will be closed on Friday the 20<sup>th</sup> of December and will re-open on Monday the 6<sup>th</sup> of January.