

GROUP FITNESS TIMETABLE

CHRISTMAS & NEW YEAR 2016/17

	MON 19 DEC	TUES 20 DEC	WED 21 DEC	THURS 22 DEC	FRI 23 DEC	SAT 24 DEC	SUN 25 DEC
6am	SPIN (45 min) Cherie	TOTAL BODYFIT Lisa	LES MILLS BODYPUMP Cherie	SPIN (45min) Cherie	THUMP BOXING Jennie		
9am	LES MILLS RPM (45 min) Kellie	LES MILLS BODYPUMP (45 min) Rebecca	LES MILLS RPM (45 min) Kellie	LES MILLS BODY COMBAT Rebecca	LES MILLS BODY PUMP Carolyn	LES MILLS BODY PUMP 8.30am 30 min Xpress	CHRISTMAS DAY CENTRE CLOSED
10am	FREESTYLE PUMP Jennie	LES MILLS BODYSTEP 9.45am Cherie	TOTAL BODYFIT Kellie	LES MILLS BODYSTEP (45 min) Cherie	LES MILLS RPM (45 min) Kellie	LES MILLS BODY COMBAT 9.00am 30 min Xpress	
11am	LES MILLS BODY BALANCE Kellie	10.45am CORE & MORE (45 min) Cherie	LES MILLS BODY BALANCE Kellie	10.45am PUMP & CORE Cherie	LES MILLS BODY BALANCE Kellie	YOGA 9.30-10.30am All classes with Carolyn	
5:30pm	THUMP BOXING Jennie	FREESTYLE STEP/ABT Dionne	LES MILLS BODY COMBAT Rebecca	FREESTYLE PUMP & THUMP Simon			
6:30pm	LES MILLS BODYPUMP (30 min) Carolyn	LES MILLS RPM (45 min) Kellie	LES MILLS BODYPUMP Rebecca	LES MILLS BODY COMBAT Carolyn			
7.00pm	LES MILLS BODY COMBAT (30 min) Carolyn						
7:30pm	YOGA Carolyn	LES MILLS BODY BALANCE Kellie		YOGA Carolyn			
	MON 19 DEC	TUES 20 DEC	WED 21 DEC	THUR 22 DEC	FRI 23 DEC	SAT 24 DEC	
9:00am		AQUAFIT Simon			AQUAFIT Melody	NO CLASS TODAY	
9:30am	AQUAFIT Melody		AQUAFIT Melody	AQUA FIT Lisa			
1pm	NIFTY 50'S Lin		NIFTY 50'S Jaz		NIFTY 50S Lin		

	MON 26 DEC	TUES 27 DEC	WED 28 DEC	THURS 29 DEC	FRI 30 DEC	SAT 31 DEC	SUN 1 JAN
6am	NO 6AM CLASSES						CENTRE CLOSED NEW YEARS DAY
						LES MILLS BODYPUMP 8.30AM 30 mins Xpress	
9am	CENTRE CLOSED BOXING DAY	LES MILLS BODYPUMP Cherie	LES MILLS RPM Kellie	LES MILLS BODY COMBAT Rebecca	LES MILLS BODY PUMP Carolyn	LES MILLS BODY COMBAT 9.00AM 30 mins Xpress	
10am		PUBLIC HOLIDAY	LES MILLS BODY BALANCE Kellie	PUMP & CORE Cherie	LES MILLS BODY BALANCE Carolyn	YOGA 9.30 – 10.30AM All classes with Carolyn	
11am		NO CLASSES					
5:30pm	CRECHE WILL NOT BE OPEN THIS WEEK NO EVENING CLASSES. CENTRE CLOSED AT 6PM						
6:30pm							
7:30pm							

	MON 26 DEC	TUES 27 DEC	WED 28 DEC	THUR 29 DEC	FRI 30 DEC	SAT 31 DEC
	NO AQUA CLASSES THIS WEEK					

PUBLIC HOLIDAY MONDAY 2ND JANUARY

9.00-9.30am BodyPump Xpress 30

9.30-10.00am BodyCombat Xpress 30

With Carolyn

CRECHE WILL NOT BE OPEN