



Christmas Timetable of Classes 2020

All classes are held in the studio

Christmas Eve 24th Dec	Christmas Day Friday 25 th Dec	Boxing Day 26 th Dec	Sunday 27 th Dec	Monday 28 th Dec
Circuits 9am Joe	CLOSED	CLOSED	Body Pump 9.30am Helen	Circuits 11.15am Katie
Indoor Cycling 10.30am Simon			Yoga 12.30pm Katie	Body Pump 12.30pm Craig
Festive Yoga 11.30am Trish				
Tuesday 29 th Dec	Wednesday 30 th Dec	Thursday 31 st Dec	Friday 1 st of Jan	Saturday 2 nd Jan
Body Pump 10.30am Craig	Indoor Cycling 11am Katie	Indoor Cycling 10am Christian	CLOSED	Timetable back to normal
Pilates 11.30am Rachel	Peace to all Yoga 12.30pm Trish	Candy Cane Core 11am Katie		

Class Prices

**1hr class £7 (all Les Mills and
Indoor Cycling classes)**
45m class £6
30m class £5

CHRISTMAS Health & Wellbeing Classes



Body Pump
Challenge all the major muscle groups and burn away those mince pies with squats, presses, lifts and curls choreographed to music. The festive season wouldn't be complete without this class!

Festive Yoga Flow
Take a break from the chaos of Christmas, come and unwind as you use stretches and yoga poses to help improve posture, self-awareness and flexibility.

Circuits
Rock around the Christmas tree in our full body station based workout which incorporates aerobic and muscular strength. Suitable for all levels of fitness.

Candy Cane Core
Forget hundreds of sit ups, in this class you will hit all the major muscles of the core with a creative sequence of challenging exercises with a lovely stretch at the end.

Indoor Cycling
Work as hard as Santa's reindeer one of our stationary bikes. This class will focus on endurance, strength, intervals, high intensity and recovery.



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