

**Sunday 24th - Sunday 31st December 2017**

Opening Hours	Sunday 24th 10am-4pm	Monday 25th 9am-1pm	Tuesday 26th 10am-2pm	Wednesday 27th 8am-8pm	Thursday 28th 8am-8pm	Friday 29th 8am-8pm	Saturday 30th 8am-8pm	Sunday 31st 10am-4pm
Classes	Christmas Sh'bam 11am			Zumba 9.30am	Body Balance 8.45am	Grit 9.30am	Grit 9am	Sh'bam 11am
	Rita & Chris			Siobhain	Jules	Charley	Charley	Rita
	Christmas Fun 12pm			Body Pump 10.30am	Christmas Conditioning 9.30am	Bodypump 10am	Body Attack 9.30am	Body Balance 12pm
	Rita & Chris			Jules	Jules	Charley	Charley	Rita
				Yoga 11.40am	Christmas Zumba 10.15am	Total Body Workout 11.15am	Fitness Pilates 10.30am	
				Mirella	Juliet	Jackie	Brenda	
				Fitness Pilates 5.30pm	Boxercise 6pm	Spin 5.45pm	Bodypump 11.40am	
				Brenda	Barry	Mel	Charley	
				Zumba 6.15pm		Grit 6pm	Yoga 5pm	
				Debbie		Bobby	Carrie	Boxercise 6pm
							Barry	

**Monday 1st - Sunday 7th January 2018**

Opening Hours	Monday 1st 10am-2pm	Tuesday 2nd 6.30am-9pm	Wednesday 3rd 6.30am-9pm	Thursday 4th 6.30am-9pm	Friday 5th 6.30am-8pm	Saturday 6th 8am-8pm	Sunday 7th 8am-8pm
Classes	Grit 11am	Body Balance 8.45am	Grit 7am	Spin & Abs 8am	Functional Fitness 8am	Grit 9.30am	
	Bobby	Jules	Bobby	James	James	Charley	
		Conditioning 9.30am	Functional Fitness 8am	Body Balance 8.45am	Spin 8.45am	Body Attack 9.30am	
		Jules	James	Nicky	James	Charley	
		Hatha Yoga 10.30am	Spin 8.45am	Conditioning 9.30am	Grit 9.30am	Fitness Pilates 10.30am	
		Angela	James	Nicky	Charley	Brenda	
		Pilates 12.30pm	Zumba 9.30am	Zumba 10.15am	Bodypump 10am	Bodypump 11.40am	
		Storme	Juliet	Juliet	Charley	Charley	
		Yoga 5pm	Bodypump 10.30am	Pilates 11am	Aqua (pool) 11am	Yoga 5pm	
		Mirella	Jules	Gaby	Jess	Carolyn	
		Body Attack 6pm	Yoga 11.40am	Pilates 12.15pm	Total Body Workout 11.15am		
		Chris	Mirella	Kay	Jackie		
		Body Balance 7pm	Fitness Pilates 5.30pm	Boxercise 6pm	Spin 5.45pm		
		Nicky	Brenda	Barry	Mel		
			Zumba 6.15pm	Bodypump 7pm			
		Debbie	Barry				
		Spin 7pm					
		James					