



New Year's Day Public Holiday

Friday 1st January

Centre Open

8.00am till 7.00pm

Group Fitness Classes

Cycle Studio	Group Fitness Studio
	8.15am Virtual Body Combat
9.30am Virtual RPM	9.30am Virtual Body Pump
10.45am Virtual Sprint	10.45am Virtual Body Balance
1.30pm Virtual Sprint	
4.30pm Virtual Sprint	4.00pm Virtual Body Pump
6.00pm Virtual RPM	5.30pm Virtual CX Worx