



CHRISTMAS GROUP FITNESS TIMETABLE MONDAY 21ST DECEMBER TO SUNDAY 27TH DECEMBER 2020



GROUP FITNESS STUDIO							
	MONDAY 21/12	TUESDAY 22/12	WEDNESDAY 23/12	THURSDAY 24/12	FRIDAY 25/12	SATURDAY 26/12	SUNDAY 27/12
5.45am	V BODY PUMP	V CX WORX	V LM BARRE	V BODY COMBAT			
7.00am	V BODY BALANCE	V BODY PUMP	V BODY COMBAT	V BODY PUMP			
8.00am	STRONG MOVERS	V BODY BALANCE	STRONG MOVERS	V CX WORX		8.15am V BODY BALANCE	8.15am V BODY BALANCE
9.30am	YOGA	V BODY COMBAT	V BODY PUMP	V BODY COMBAT		V BODY PUMP	V BODY COMBAT
10.45am	V LM BARRE	YOGA	PILATES	YOGA		V CX WORX	V BODY PUMP
4.00pm	V LM BARRE	V BODY COMBAT	V BODY PUMP	V CX WORX		V BODY COMBAT	V LM BARRE
5.30pm	V BODY COMBAT	V BODY PUMP	V BODY COMBAT			V BODY PUMP	V BODY BALANCE
6.30pm	PILATES	BARRE	YOGA				
7.30pm	V BODY BALANCE	V LM BARRE	V BODY PUMP				

CYCLE STUDIO							
	MONDAY 21/12	TUESDAY 22/12	WEDNESDAY 23/12	THURSDAY 24/12	FRIDAY 25/12	SATURDAY 26/12	SUNDAY 27/12
6.00am	V SPRINT	RPM	V SPRINT	V RPM			
7.00am	V RPM	V SPRINT	V RPM	V SPRINT			
8.00am	V SPRINT	V RPM	V SPRINT	V RPM		8.15am V RPM	8.15am V RPM
9.30am	RPM	V SPRINT	CBC	V SPRINT			
10.45am	V SPRINT	V RPM	V SPRINT	V RPM		V RPM	V RPM
1.30pm	V SPRINT	V RPM	V SPRINT	V RPM		V RPM	V RPM
4.30pm	V SPRINT	V RPM	V SPRINT			V RPM	V RPM
6.00pm	V RPM	V RPM	V RPM			V SPRINT	V SPRINT
7.30pm	V RPM	V SPRINT	V RPM				

POOL					
	MONDAY 21/12	TUESDAY 22/12	WEDNESDAY 23/12	THURSDAY 24/12	FRIDAY 25/12
8.15am	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	
9.15am	AQUA MOVERS		AQUA MOVERS		
7.30pm		AQUA WORKOUT			