

DATE	TIME	CLASS	VENUE
Monday 17th December Public holiday	08:00	Spinning	FC
	08:00	Pilates *	Studio
	08:30	Keep Fit	FC
	09:00	Yoga *	Studio
Tuesday 18th December	09:30	Aqua	Pool
	06:30	Pilates ***	Studio
	06:30	Tone and Walk	FC
	07:30	Pilates **	Studio
	08:00	Spinning	FC
	08:30	Keep Fit	FC
	09:30	Aqua	Pool
	10:00	Instructors Choice	FC
	12:30	Yoga**	Studio
	16:30	Pilates **	Studio
Wednesday 19th December	17:30	Tone and Walk	FC
	17:30	Pilates **	Studio
	06:00	Spinning	FC
	06:30	Keep Fit	FC
	06:30	Pilates **	Studio
	07:00	Prime Time	FC
	07:30	Yoga**	Studio
	08:00	Keep Fit	FC
	08:00	Spinning	FC
	08:30	Aqua	Pool
Thursday 20th December	10:00	Instructors Choice	FC
	16:30	Yoga *	Studio
	17:30	Instructors Choice	FC
	17:45	Spinning	FC
	06:30	Pilates *	Studio
	06:30	Tone and Walk	FC
	07:30	Pilates **	Studio
	08:00	Keep Fit	FC
	09:30	Aqua	Pool
	10:00	Instructors Choice	FC
Friday 21st December	10:00	Pilates **	Studio
	11:00	Yoga*	Studio
	12:00	Spinning	FC
	16:30	Pilates **	Studio
	17:30	Tone and Walk	FC
	07:00	Prime Time	FC
	08:00	Keep Fit	FC
Saturday 22nd December	08:00	Spinning	FC
	08:00	Pilates *	Studio
	08:30	Keep Fit	FC
	09:00	Yoga**	Studio
	09:30	Aqua	Pool
Monday 24th December	07:00	Prime Time	FC
	08:00	Spinning	FC
	08:00	Pilates *	Studio
	08:30	Keep Fit	FC
	09:00	Yoga *	Studio
	09:30	Aqua	Pool
	10:00	Instructors Choice	FC

Tuesday 25th December	Gym Closed - No Classes		
Wednesday 26th December	Gym Closed - No Classes		
Thursday 27th December	06:30	Pilates **	Studio
	07:00	Tone and Walk	FC
	07:30	Yoga**	Studio
	08:00	Keep Fit	FC
	08:00	Spinning	FC
	08:30	Aqua	Pool
Friday 28th December	07:00	Prime Time	FC
	07:30	Pilates **	Studio
	08:30	Keep Fit	FC
	09:30	Hydro	Pool
	10:00	Instructors Choice	FC
Saturday 29th December	11:00	Yoga *	Studio
	08:00	Spinning	FC
	08:00	Pilates *	Studio
	08:30	Keep Fit	FC
	09:00	Yoga**	Studio
Monday 31st December	09:30	Aqua	Pool
	07:00	Prime Time	FC
	08:00	Spinning	FC
	08:00	Pilates *	Studio
	08:30	Keep Fit	FC
	09:00	Yoga *	Studio
	09:30	Aqua	Pool
10:00	Instructors Choice	FC	
Tuesday 1st January	Gym Closed - No Classes		
Wednesday 2nd January	07:00	Prime Time	FC
	07:30	Pilates **	Studio
	08:30	Keep Fit	FC
	09:30	Hydro	Pool
	10:00	Instructors Choice	FC
	12:30	Yoga**	Studio
Thursday 3rd January	07:00	Tone and Walk	FC
	07:30	Yoga*	Studio
	08:00	Spinning	FC
	08:00	Keep Fit	FC
	08:30	Aqua	Pool
	09:30	Pilates **	Studio
	10:00	Instructors Choice	FC
Friday 4th January	07:00	Prime Time	FC
	07:30	Pilates **	Studio
	08:00	Spinning	FC
	08:30	Keep Fit	FC
	09:30	Hydro	Pool
	10:00	Instructors Choice	FC
	11:00	Yoga *	Studio
Saturday 5th January	08:00	Spinning	FC
	08:00	Pilates *	Studio
	08:30	Keep Fit	FC
	09:00	Yoga*	Studio
	09:30	Aqua	Pool
Monday 7th January	CLASSES BACK TO NORMAL		