

# Christmas & New Year Class Timetable

**Monday 20th December**

As normal timetable

**Tuesday 21st December**

As normal timetable

No Pilates from 11.15-12pm

**Wednesday 22nd December**

As normal timetable

No Yoga Classes

**Thursday 23rd December**

As normal timetable

**Christmas Eve**

Aqua - 10.20-11am

**Christmas Day**

No classes

**Boxing Day**

No classes

**Monday 27th December**

Kinesis Core - 9.30-10am

Kinesis Core - 10-10.30am

Bounce - 6-6.45pm

**Tuesday 28th December**

Aqua - 10.20-11am

Cardio Strength Conditioning

6-6.45pm

**Wednesday 29th December**

Abs Blast - 9.30-10.15am

Strength & Conditioning-6-6.45pm

**Thursday 30th December**

Morning HiiT - 8.45-9.15am

Abs Blast - 6-6.45pm

**New Year's Eve**

Aqua - 10.20-11am

**New Year's Day**

No classes

**Full time table back to normal from Sunday 2nd January 2022**  
**Tuesday Pilates - back from 11th January 2022**