



FESTIVE TIMETABLE 2024-25

DECEMBER

Sat 21 Dec	7am	Aqua
	8:30am	Loaded
	9:30am	Activ
	10:30am	Yoga
Sun 22 Dec	8am	Yoga
	9am	Cycle
	10am	Loaded
Mon 23 Dec	7am	Aqua
	9:30am	Christmas Rhythm
	10am	Active Living
	10:30am	Flexibility
Tue 24 Dec	6am	Cycle
	9:30am	Loaded
	10:30	Flexibility
Wed 25 Dec	NO CLASSES	
Thu 26 Dec	NO CLASSES	
Fri 27 Dec	9:30am	Body Dynamics
	10am	Active Living
	10:30am	Aero Mix
	2pm	Healthy Hearts

Sat 28 Dec	7am	Aqua
	8:30am	Loaded
	9am	Cycle
	9:30am	Activ
Sun 29 Dec	9am	Zumba
	10am	Loaded
	11am	Yoga
Mon 30 Dec	9:30am	Rhythm
	10am	Active Living
	10:30am	Flexibility
	2pm	Healthy Hearts
Tue 31 Dec	7am	Aqua
	9am	Cycle
	9:30am	Zumba
	10:30am	Yoga

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JANUARY

Wed 1 Jan	NO CLASSES		Wed 8 Jan	6am	Loaded
Thu 2 Jan	9:30am	Loaded		9:30am	Zumba
	10:30am	Body Dynamics		10am	Active Living
Fri 3 Jan	7:30am	Flex		10:30am	Flexibility
	9:30am	Body Dynamics		2pm	Healthy Hearts
	10:30am	Aero Mix		5:30pm	Loaded
Sat 4 Jan	7am	Aqua		6:30pm	Absolution
	8:30am	Loaded	Thu 9 Jan	6am	Cycle
	9:30am	Activ		7am	Aqua
	10:30am	Yoga		8:30am	Active Living
Sun 5 Jan	8am	Yoga		9:30am	Loaded
	9am	Zumba		5:30pm	Zumba
	10am	Loaded	Fri 10 Jan	6am	Boxing
Mon 6 Jan	6am	Loaded		7:30am	Flexibility
	9:30am	Zumba		9:30am	Body Dynamics
	10am	Active Living		10am	Active Living
	10:30am	Flexibility		10:30am	Aero Mix
	2pm	Healthy Hearts	Sat 11 Jan	Classes return to normal	
	5:30pm	Loaded			
Tue 7 Jan	6am	Pilates			
	7am	Aqua			
	9:30am	Tone			
	10:30am	Flex			
	5:30pm	Yoga			
	5:30pm	Cycle			
	6:30pm	Zumba			

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