


December 30th - January 5th

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Gym Hours	
6:00am	No Classes until Janaury 2nd		No Classes until January 2nd					Monday/Tuesday	10am - 4pm
9:30am	No Classes until Janaury 2nd		No Classes until January 2nd	Spin (30mins)	Circuits (50mins)			Wednesday	Closed
10am	No Classes until Janaury 2nd		No Classes until January 2nd	Bootcamp (40 mins)			Coaches Choice (45mins)	Thursday	7am - 10pm
10:30am	No Classes until Janaury 2nd		No Classes until January 2nd		Spin (30mins)			Friday	7am - 9pm
10:50am	No Classes until Janaury 2nd		No Classes until January 2nd				Spin (40mins)	Saturday	9am - 6pm
1:15pm	No Classes until Janaury 2nd		No Classes until January 2nd					Sunday	9am - 5pm
6:00 PM	No Classes until Janaury 2nd		No Classes until January 2nd					<p align="center">SCAN FOR TIMETABLE, PERSONAL TRAINING & SOCIAL MEDIA UPDATES</p> 	
6:30pm	No Classes until Janaury 2nd		No Classes until January 2nd	Fitball with Cathy (30mins)					
7:00pm	No Classes until Janaury 2nd		No Classes until January 2nd	Bootcamp (40 mins)					
7:45pm									
<p>Please ensure to sign in with reception when using the gym. Booking is essential for all classes, in some cases we have a finite amount of equipment don't step into the class if it is full and you don't have a place without talking to the instructor they more than likely will have something else you can do for the session</p>									