



CLASS TIMES

24th to 31st December 2024

All classes subject to change

Time	Class	Length	Studio
TUESDAY 24th			
06:30	Les Mills Bodypump	45 mins	2
07:05	Les Mills RPM	45 mins	1
09:15	Les Mills Core	30 mins	2
09:30	Pilates (Beg)	45 mins	3
10:10	Les Mills Bodypump	45 mins	2
11:10	Les Mills Sprint	30 mins	1
12:10	Yoga (Int)	45 mins	2
13:10	Les Mills RPM Exp	35 mins	1
13:10	Pilates (Int)	45 mins	2

Time	Class	Length	Studio
SATURDAY 28th			
09:10	Pilates (Int)	45 mins	2
10:10	Les Mills Bodypump	60 mins	2
12:05	Yoga (Int)	45 mins	2
13:15	Les Mills RPM Exp	35 mins	1
14:10	Pilates (Beg)	45 mins	2

SUNDAY 29th

09:15	Les Mills Core	30 mins	2
10:10	Les Mills Sprint	30 mins	1
11:10	Les Mills Bodypump	45 mins	2
12:10	Les Mills Bodybalance	45 mins	2
13:10	Les Mills Bodypump Express	30 mins	2

MONDAY 30th

09:30	Les Mills Bodypump	45 mins	2
10:30	Les Mills Core	30 mins	2
12:10	Les Mills RPM	45 mins	1
13:30	Pilates (Int)	45 mins	2

TUESDAY 31st

09:30	Les Mills RPM	45 mins	1
10:30	Pilates (Beg)	45 mins	2
12:10	Les Mills Bodypump	45 mins	2
13:30	Les Mills RPM	45 mins	1

WEDNESDAY 25th Club Closed

THURSDAY 26th Club Closed

FRIDAY 27th

09:30	Les Mills RPM	45 mins	1
11:10	Les Mills Bodypump	45 mins	2
12:10	Les Mills Bodybalance	45 mins	2
13:10	Les Mills Sprint	30 mins	1
14:10	Yoga (Beg)	45 mins	2

Merry
Christmas

All classes open to members and students

Christmas Opening Hours 2024

December 23rd	6am - 11pm
December 24th	6am - 4pm
December 25th	Closed
December 26th	Closed
December 27th	8am - 6.30pm
December 28th	8am - 6.30pm
December 29th	8am - 6.30pm
December 30th	8am - 6.30pm
December 31st	8am - 6.30pm
January 1st	Closed
January 2nd	6am - 11pm

All other days as normal

Last access on all days is 60 minutes before closing.

Facilities stop 30 minutes before closing.