

# Christmas Timetable

Monday 21 December 2020 to Sunday 3 January 2021

	21 DEC	22 DEC	23 DEC	24 DEC	25 DEC	26 DEC	27 DEC
6.10AM	STAGES FLIGHT Rochelle	BODYPUMP Samantha	FIT45 Rochelle		NO CLASSES		
9.00AM	FIT45 Sarah	RPM Gabrielle		BODYPUMP Cyndi		BODYPUMP Samantha	STAGES FLIGHT Zoe
9.15AM	AQUA ACTION Cyndi	BODYPUMP Cyndi	FIT45 Gabrielle PILATES Georgie	GENTLE WARM WATER Claire			
9.30AM			STAGES FLIGHT Rochelle	RPM Tracey			
10.00AM						RPM Zoe	BODYPUMP Cyndi
10.15AM	BODYPUMP Cyndi PILATES Sarah	AQUA MOVERS Gabrielle	BODYPUMP Gabrielle WATER WORKOUT Claire				
10.30AM		PILATES Georgie BODYBALANCE Cara		BARRE Cherie			
11.30AM			LOW IMPACT BASICS Helen				
11.45AM		LOW IMPACT BASICS Helen					
5.15PM	FIT45 Michelle RPM Sarah	BODYPUMP Michelle	BARRE Georgie				
5.30PM			BODYPUMP Michelle				
6.00PM			STAGES FLIGHT Zoe				
6.15PM	BODYPUMP Michelle PILATES Sarah						
6.30PM			YOGA Michelle				
	28 DEC	29 DEC	30 DEC	31 DEC	1 JAN	2 JAN	3 JAN
6.10AM		FIT45 Michelle	BODYPUMP Samantha				
9.00AM		RPM Gabrielle		BODYPUMP Cyndi		BODYPUMP Samantha	BODYPUMP Zoe
9.15AM	AQUA ACTION Claire	BODYPUMP Cyndi	FIT45 Gabrielle	GENTLE WARM WATER Claire BARRE Cara	BODYPUMP Samantha	RPM Cyndi BARRE Cherie	
9.30AM	RPM Cyndi	BODYBALANCE Cara	STAGES FLIGHT Cyndi				YOGA Mangala
10.00AM				RPM Cyndi	RPM Tracey		RPM Zoe
10.15AM	BODYPUMP Michelle	AQUA MOVERS Gabrielle	WATER WORKOUT Helen				
10.30AM			YOGA Cara				
11.30AM			LOW IMPACT BASICS Helen				
5.15PM		BODYPUMP Samantha STAGES FLIGHT Zoe	BODYPUMP Zoe BARRE Cherie				