

# FESTIVE TIMETABLE

Each week is different. To see who is teaching see the app for details

TIME	MON 30/12/24	TUE 31/12/24	WED 1/1/25	THU 2/1/25	FRI 3/1/25	SAT 4/1/25	SUN 5/1/25
8.00am		BOOTY BURN 30	<b>New Years' Day</b> <b>8am to 12pm</b> <b>&amp;</b> <b>3pm to 7pm</b> <b>No Class today</b>	STRETCH	TONE UP		CYCLE 45
8.15am						TONE UP 45	
8.30am		ABS BLAST 30					
9.00am	FIGHT FIT 45						STRETCH
9.15am		CYCLE 45					
9.30am		LITE & LO			CYCLE 45	ZUMBA 45	HATHA YOGA
10.30am	PILATES				TONE UP 45	AO50's	
10.35am		STRETCH					
11.35am	STRONG & STABLE 45				STRONG & STABLE 45		
4.00pm		 <b>2025</b> <b>happy new year!</b> <small>We wish you all the very best for a healthy, happy year ahead</small>					ZUMBA 45
4.30pm	PILATES						
5.00pm				BODY BLITZ 45	ZUMBA 45		
5.15pm	HIIT 45						
5.45pm							
6.00pm					HATHA YOGA FIGHT FIT 45	CYCLE 45	
6.10pm	TONE UP 45						