

# Christmas 2025



## CLASSES

**Friday 19th December**  
Step Circuit: 9.15am - 10.00am

**Saturday 20th December**  
No Classes

**Sunday 21st December**  
Spinning: 9.30am - 10.00am  
Core n Stretch: 10.05am - 10.35am

**Monday 22nd December**  
Circuit: 10.00am - 10.45am  
Yoga: 10.50am - 11.50am  
Pump: 5.30pm - 6.00pm  
Abs Blast: 6.05pm - 6.20pm

**Tuesday 23rd December**  
Leg Attack: 10.00am - 10.45am  
Pilates: 10.50am - 11.30am

**Wednesday 24th December**  
Circuit: 9.30am - 10.15am

**Thursday 25th December**  
\*\*\* CLOSED \*\*\*

**Friday 26th December**  
\*\*\* CLOSED \*\*\*

**Saturday 27th December**  
Circuit: 9.30am - 10.15am

**Sunday 28th December**  
No Classes

**Monday 29th December**  
Circuit: 10.00am - 10.45am  
Pump: 5.30pm - 6.00pm  
Abs Blast: 6.05pm - 6.20pm

**Tuesday 30th December**  
Leg Attack: 10.00am - 10.45am

**Wednesday 31st December**  
Circuit: 9.30am - 10.15am

**Thursday 1st January**  
\*\*\* CLOSED \*\*\*

**Friday 2nd January**  
Step Circuit: 9.15am - 10.00am

## OPENING HOURS

**Friday 19th December**  
6.30am - 5.00pm

**Saturday 20th December**  
8.30am - 2.00pm

**Sunday 21st December**  
8.30am - 2.00pm

**Monday 22nd December**  
8.00am - 7.00pm

**Tuesday 23rd December**  
8.00am - 7.00pm

**Wednesday 24th December**  
8.00am - 2.00pm

**Thursday 25th December**  
\*\*\* CLOSED \*\*\*

**Friday 26th December**  
\*\*\* CLOSED \*\*\*

**Saturday 27th December**  
8.30am - 2.00pm

**Sunday 28th December**  
8.30am - 2.00pm

**Monday 29th December**  
8.00am - 7.00pm

**Tuesday 30th December**  
8.00am - 7.00pm

**Wednesday 31st December**  
8.00am - 2.00pm

**Thursday 1st January**  
\*\*\* CLOSED \*\*\*

**Friday 2nd January**  
8.00am - 7.00pm

