

Christmas & New Year Club Staffed Hours and Classes



Day	Staffed Hours	Classes
Monday Dec 18th	7.30 – 8.00pm	8.45am Spin JANE 9.30am TBS JANE 6.00pm Body Pump EMMA 6.15pm Spin FIONA 6.30pm Yoyalates ANGELA
Tuesday Dec 19th	7.30 – 8.00pm	8.45am Spin EDWIN 9.30am Abs Only JANE 10.00am Step 30 JANE 10.30am Fit 45 (1 hour) ROSS 5.45pm FiT45 RICHARD 6.30pm Yoga JUAN
Wednesday Dec 20th	7.30 – 8.00pm	9.30 am Yoga BEN 9.30am Spin ROSS 6.30pm Body Pump SAV 6.30pm Yoga HEATHER
Thursday Dec 21st	7.30 – 8.00pm	8.30am Spin BRIAN 9.30am Yoyalates LARISA Festive Season Super Circuit – RICHARD/JANE/EDWIN/ROSS
Friday Dec 22nd	7.30 – 5.00pm	9.00am Yoga BEN 9.30am FiT45 RICHARD
Saturday 23 rd Dec	8.00 – 5.00pm	8.15am FiT45 RICHARD 9.00am Spin KATHRYN 9.30am Body Pump EMMA
Sunday 24 th Dec	8.00 – 12.00pm	9.00am Body Pump EMMA 10.00am Results EMMA
Monday 25 th Dec	NO STAFFED HOURS CHRISTMAS DAY	VIRTUAL SCHEDULE
Tuesday 26 th Dec	NO STAFFED HOURS BOXING DAY	VIRTUAL SCHEDULE
Wednesday 27 th Dec	9.00 – 12.00pm	9.30am Yoga BEN 9.30am Body Pump EMMA
Thursday 28 th Dec	9.00 – 12.00pm	9.30am Ballsy ALESSANDRA 9.30am Spin BRIAN 10.00am ABT 30 ALESSANDRA
Friday 29 th Dec	9.00 – 12.00pm	9.00am Results EMMA 9.00am Yoga BEN
Saturday 30 th Dec	9.00 – 12.00pm	8.15am FiT45 MIKHAEL 9.00am Spin KATHRYN 9.00am Power Pilates ISABEL
Sunday 31 st Jan	NO STAFFED HOURS NEW YEARS EVE	10.00am Body Combat IGGY
Monday 1 st Jan	NO STAFFED HOURS NEW YEARS DAY	VIRTUAL SCHEDULE
Tuesday 2nd Jan	9.00 – 12.00pm	8.45am Spin MIKHAEL 9.30am Abs Only MIKHAEL

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		10.00am Step 30 MIKHAEL
Wednesday 3rd Jan	9.00 – 12.00pm	9.30am Spin MIKHAEL 9.30am Yoga BEN
Thursday 4 th Jan	9.00 – 12.00pm	9.30am Ballsy MIKHAEL 9.30am Spin BRIAN 10.00am ABT 30 MIKHAEL
Friday 5th Jan	9.00 – 12.00pm	9.00am Results MIKHAEL 9.00am Yoga BEN
Saturday 6 th Jan	9.00 – 12.00pm	9.00am Spin KATHRYN 9.30am Body Pump EMMA
Sunday 7 th Jan	9.00 – 12.00pm	9.00am Spin MIKHAEL
Monday 8 th Jan	NORMAL HOURS RESUME	NORMAL CLASS SCHEDULE RESUMES