



# CHRISTMAS CLASS TIMETABLE

	Monday 31 December	Tuesday 1 January	Wednesday 2 January	Thursday 3 January	Friday 4 January	Saturday 5 January	Sunday 6 January
<b>Morning</b>			<b>6.30am</b> Box-fit (45 mins)	<b>6.30am</b> Circuit (45 mins)		<b>7.45am</b> Body Pump (45mins)	
	<b>8am</b> Yoga Vinyasa Flow		<b>8am</b> Core Conditioning (50mins)	<b>8am</b> Yoga Slow & Steady	<b>8am</b> Body Pump	<b>8.45am</b> Pilates All levels	<b>8am</b> Yoga Yin/Restorative
	<b>9am</b> Aqua Aerobics				<b>9am</b> Aqua Aerobics		<b>9am</b> Yoga Vinyasa Flow All levels
	<b>9.05am</b> Yoga Yin & Yang (90 mins)			<b>9.15am</b> Yoga Ying & Yang (90mins)	<b>9.15am</b> Yoga Vinyasa Flow		
						<b>10.30am</b> Yoga Yin/Restorative	<b>10.15am</b> Barre 101 (45mins)
<b>Afternoon</b>				<b>12.30am</b> Express Barre Warrior (45mins)			
<b>Evening</b>			<b>6pm</b> Body Pump	<b>5.30pm</b> Barre Warrior			
				<b>6.30pm</b> Pilates All levels			



Key: Millbrook Classes • Barre Classes • Aquatic Classes • Les Mills • Other





# CHRISTMAS CLASS TIMETABLE

	Monday 7 January	Tuesday 8 January	Wednesday 9 January	Thursday 10 January	Friday 11 January	Saturday 12 January	Sunday 13 January
<b>Morning</b>		<b>6.30am</b> Circuit (45 mins)	<b>6.30am</b> Box-fit (45 mins)	<b>6.30am</b> Circuit (45 mins)		<b>7.45am</b> Body Pump (45mins)	
	<b>8am</b> Yoga Vinyasa Flow	<b>8am</b> Barre Warrior	<b>8am</b> Core Conditioning (50mins)	<b>8am</b> Yoga Slow & Steady	<b>8am</b> Body Pump	<b>8.45am</b> Pilates All levels	<b>8am</b> Yoga Yin/Restorative
	<b>9am</b> Aqua Aerobics		<b>9am</b> Aqua Aerobics		<b>9am</b> Aqua Aerobics		<b>9am</b> Yoga Vinyasa Flow All levels
	<b>9.05am</b> Yoga Yin & Yang (90 mins)		& <b>9am</b> Millbrook Stretch	<b>9.15am</b> Yoga Ying & Yang (90mins)	<b>9.15am</b> Yoga Vinyasa Flow		
		<b>10.15am</b> Yoga Yin	<b>10.15am</b> Balance		<b>10.30am</b> Yoga Yin/Restorative		<b>10.15am</b> Barre 101 (45mins)
<b>Afternoon</b>				<b>12.30am</b> Express Barre Warrior (45mins)			
<b>Evening</b>	<b>5.30pm</b> Body Combat	<b>6pm</b> Yoga Vinyasa Flow	<b>6pm</b> Body Pump	<b>5.30pm</b> Barre Warrior			
	<b>6.30pm</b> Yoga			<b>6.30pm</b> Pilates All levels			

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# CHRISTMAS CLASS TIMETABLE

	Monday 14 January	Tuesday 15 January	Wednesday 16 January	Thursday 17 January	Friday 18 January	Saturday 19 January	Sunday 20 January
<b>Morning</b>		<b>6.30am</b> Circuit (45 mins)	<b>6.30am</b> Box-fit (45 mins)	<b>6.30am</b> Circuit (45 mins)		<b>7.45am</b> Body Pump (45mins)	
	<b>8am</b> Yoga Vinyasa Flow	<b>8am</b> Barre Warrior	<b>8am</b> Core Conditioning (50mins)	<b>8am</b> Yoga Slow & Steady	<b>8am</b> Body Pump	<b>8.45am</b> Pilates All levels	<b>8am</b> Yoga Yin/Restorative
	<b>9am</b> Aqua Aerobics		<b>9am</b> Aqua Aerobics		<b>9am</b> Aqua Aerobics		<b>9am</b> Yoga Vinyasa Flow All levels
	<b>9.05am</b> Yoga Yin & Yang (90 mins)		& <b>9am</b> Millbrook Stretch	<b>9.15am</b> Yoga Ying & Yang (90mins)	<b>9.15am</b> Yoga Vinyasa Flow		
		<b>10.15am</b> Yoga Yin	<b>10.15am</b> Balance	<b>11.30am</b> Barre Yoga	<b>10.30am</b> Yoga Yin/Restorative		<b>10.15am</b> Barre 101 (45mins)
<b>Afternoon</b>				<b>12.30am</b> Express Barre Warrior (45mins)			
<b>Evening</b>	<b>5.30pm</b> Body Combat	<b>6pm</b> Yoga Vinyasa Flow	<b>6pm</b> Body Pump	<b>5.30pm</b> Barre Warrior			
	<b>6.30pm</b> Yoga			<b>6.30pm</b> Pilates All levels			

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