



CHRISTMAS & NEW YEAR

“OPENING HOURS”

Dear Members,

Our team would like to take this opportunity to wish you all a very Merry Christmas and a safe and Happy New Year.

We are happy to offer minimal disruption to your fitness routine by providing the following timetable.

DAY	OPEN DETAILS	SESSIONS AVAILABLE
Monday 23 rd Dec	Open 5:30am – 8pm	6:15am = Live RPM Class (No other Live classes) Virtual Classes as per timetable plus 5:30pm Body Pump = Virtual
Tuesday 24 th Dec	Open 5:30am – 2pm	Christmas Eve Virtual Classes as per timetable until 2pm (No other Live classes)
Wednesday 25 th Dec	Closed	Christmas Day
Thursday 26 th Dec	Closed	Boxing Day
Friday 27 th Dec	Open – 5:30am – 8pm	Virtual Classes as per timetable 6:15am = Live RPM Class (No other Live classes) 9:30am Live Body Pump = Virtual 10:45am Build Your Core = Body Balance Virtual
Saturday 28 th Dec	Open – 7am – 7pm	Gym & Classes as per timetable
Sunday 29 th Dec	Closed	As normal
Monday 30 th Dec	Open 5:30am – 8pm	6:15am = Live RPM Class (No other Live classes) Virtual Classes as per timetable plus 5:30pm Body Pump = Virtual
Tuesday 31 st Jan	Open 5:30am – 2pm	New Years Eve 6:15am = Live RPM Class (No other Live classes) Virtual Classes as per timetable until 2pm
Wednesday 1 st Jan	Closed	New Years Day
Thursday 2 nd Jan	Open 5:30am – 8pm	OPEN FOR 2020 As per timetable, with new one coming soon!

“Thank You”

For all your continued support throughout 2019

And we look forward to a great 2020.