



# 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 a minimal disruption to your fitness routine by providing the following timetable.

DAY	OPEN DETAILS	SESSION AMENDMENTS
Monday 21 <sup>st</sup> Dec	Open as normal	No 9.30am Body Pump
Tuesday 22 <sup>nd</sup> Dec	Open as normal	No 1:45pm Forever Active
Wednesday 23 <sup>rd</sup> Dec	Open as normal	No 6:15am Body Balance
Thursday 24 <sup>th</sup> Dec	Open - 5.30am – 2pm <b>Closed</b> Christmas Eve	No 12:30pm Body Pump
Friday 25 <sup>th</sup> Dec	<b>Closed</b> Christmas Day	
Saturday 26 <sup>th</sup> Dec	<b>Closed</b> Boxing Day	
Monday 28 <sup>th</sup> Dec	Open as normal	No 9:30am Body Pump No 12:30pm RPM
Tuesday 29 <sup>th</sup> Dec	Open as normal	No 12:30pm Body Pump No 1:45pm Forever Active No 5:30pm Circuit
Wednesday 30 <sup>th</sup> Dec	Open as normal	No 6:15am Body Balance No 12:30pm RPM
Thursday 31 <sup>st</sup> Dec	Open - 5.30am – 2pm <b>Closed</b> New Years Eve	No 12:30pm Body Pump
Friday 1 <sup>st</sup> Jan	<b>Closed</b> New Years Day	
Saturday 2 <sup>nd</sup> Jan	Open as normal	No classes

*“Thank You”*

*For your continued support throughout 2015 and we look forward to a great 2016.*

*Summer Timetable to resume Monday 4<sup>th</sup> January 2016.*

