



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
Wednesday 23 rd Dec	Open 5:30am – 8pm	6:15am = Live RPM, 12.30pm = Virtual RPM 10.45am = Live Build your Core Gym & Virtual Classes as per timetable
Thursday 24 th Dec	Open 5:30am – 2pm	Christmas Eve Gym & Virtual Classes as per timetable until 2pm (<i>No Live classes</i>)
Friday 25 th Dec	Closed	Christmas Day
Saturday 26 th Dec	Closed	Boxing Day
Sunday 27 th Dec	Closed	As normal
Monday 28 th Dec <i>Boxing Day Holiday</i>	Open – 8am – 2pm	Gym & Virtual Classes as per timetable between 8am & 2pm (<i>No Live classes</i>)
Tuesday 29 th Dec	Open 5:30am – 8pm	Gym & Virtual Classes as per timetable 5.45pm = Live RPM, No Forever Active class
Wednesday 30 th Dec	Open 5:30am – 8pm	6:15am = Live RPM, 12.30pm = Virtual RPM 10.45am = Live Build your Core Gym & Virtual Classes as per timetable
Thursday 31 st Jan	Open 5:30am – 2pm	New Years Eve Gym & Virtual Classes as per timetable until 2pm (<i>No Live classes</i>)
Friday 1 st Jan	Closed	New Years Day
Saturday 2 nd Jan	Open 6:30am – 6:30pm	Gym & Virtual Classes as per timetable 8am = Virtual RPM, 9.30am = Body Balance instead of Stretch & Recover
Sunday 3 rd Jan	Closed	As normal
Monday 4 th Jan	Open 5:30am – 8pm	OPEN FOR 2021 As per new timetable!

*“Thank You” For all your continued support throughout 2020
And we look forward to a great 2021.*