

Christmas 2017: Hours (Club & Playroom) + Classes...

Club Hours

Mon 18 Dec	5.25am - 8pm
Tue 19 Dec	5.25am - 8pm
Wed 20 Dec	5.25am - 8pm
Thurs 21 Dec	5.25am - 8pm
Fri 22 Dec	5.25am – 12noon
Sat 23 Dec	7am - 12noon
Sun 24 Dec	8am – 11am
Mon 25 Dec	Closed
Tue 26 Dec	Closed
Wed 27 Dec	6am – 11am, 5pm - 7pm
Thurs 28 Dec	6am – 11am, 5pm - 7pm
Fri 29 Dec	6am – 12noon
Sat 30 Dec	7am - 12noon
Sun 31 Dec	8am – 11am
Mon 1 Jan	Closed

Normal hours resume Tue 2 Jan 2018

Playroom Hours

Mon 18 Dec	8.25am - 10.55am
Tue 19 Dec	8.25am - 10.55am
Wed 20 Dec	8.25am - 10.55am
Thurs 21 Dec	8.25am - 10.55am
Fri 22 Dec	8.25am - 10.55am

Closed Sat 23 Dec to Mon 1 Jan inclusive
Normal hours resume Tue 2 Jan 2018

**NOTE: THE TIMES & CLASSES FOR 18 DEC – 1 JAN ARE DIFFERENT
 PLEASE CHECK & READ CAREFULLY...**

	Mon 18/12	Tue 19/12	Wed 20/12	Thurs 21/12	Fri 22/12	Sat 23/12	Sun 24/12
5.30am	GRC	5.45am RPM	GRC		RPM 60 min		
5.45am	PUMP	STEP	PUMP		MAT PILATES		
7.00am	YOGA	GRC	MAT PILATES			7.15am RPM	
8.15am	GRC		GRC	GRC	GRC	GRC	GRC
8.30am	PUMP	STEP	NEW BODY	ATTACK	STEP	8.35am PUMP	8.05am ATTACK
9.15am	GRC	GRC	GRC	9.30am RPM	GRC	GRC	9.05am PUMP
9.35am	9.30am RPM	PUMP	9.45am YOGA	BALANCE	PUMP		
10.00am		GRC	GRC Refine				
10.35am	MAT PILATES	BALANCE					
4.45pm	GRC Refine		GRC				
5.30pm	RPM	GRC		RPM			
5.35pm	6.35pm ZUMBA	ATTACK	PUMP	5.55pm ZUMBA			
6.30pm	GRC			GRC			

Mon 25/12	Tue 26/12	Wed 27/12	Thurs 28/12	Fri 29/12	Sat 30/12	Sun 31/12	Mon 1/1
 CLOSED	 CLOSED	7.00am MAT PILATES	8.05am ATTACK	7.00am RPM	8.15am GRC	8.05am ATTACK	 CLOSED
		8.05am PUMP	9.15am YOGA	8.05am STEP	8.35am PUMP	8.15am GRC	
		8.15am GRC	5.30pm GRC	8.15am GRC	9.15am GRC	9.05am PUMP	
		9.15am GRC	5.30pm PUMP	9.15am MAT PILATES	9.45am YOGA		
		9.15am BALANCE					
		5.30pm RPM					

IMPORTANT:

Yoga returns in 2018 with Neil & Tanya the week starting Monday 8 Jan (no Yoga first week Jan)

Wednesday 6.35pm **Mat Pilates with Leonor** resumes in 2018 on Wednesday 17 Jan (no class 3 & 10 Jan)

