

Class Timetable

Christmas Holiday

Friday 20th

Time	Class	Location
7.00am	Metafit	Dance Studio
8.30am	Pilates	Dance Studio
9.30am	Kettlebells	Sports Hall
9.30am	Pilates	Dance Studio
9.30am	Stages Virtual	Stages Studio
9.30am	Gym Floor Class	Gym
10.30am	Body Conditioning	Dance Studio
10.35am	Stages Cycle	Stages Studio
11.30am	Zumba	Dance Studio
12.00pm	Aqua Aerobics	Teaching Pool
7.00pm	Stages Virtual	Stages Studio

Saturday 21st

Time	Class	Location
7.25am	Grit	Dance Studio
8.00am	Stages Cycle	Stages Studio
8.40am	Pilates	Dance Studio
9.00am	Stages Cycle	Stages Studio
9.45am	Stages Virtual	Stages Studio
9.50am	Aerobics	Dance Studio
11.00am	Zumba	Dance Studio
12.00pm	Kettlebells	Dance Studio



Class Timetable

Christmas Holiday

Sunday 22nd

Time	Class	Location
9.00am	Stages Cycle	Stages Studio
9.00am	Body Combat	Dance Studio
10.00am	Body Conditioning	Prama Studio
10.00am	Body pump	Dance Studio
11.15am	Pilates	Dance Studio
6.00pm	Stages Virtual	Stages Studio

Monday 23rd

Time	Class	Location
8.30am	Pilates	Dance Studio
9.15am	Stages Cycle	Stages Studio
9.30am	Aerobics	Dance Studio
10.15am	Aqua Aerobics	Teaching Pool
10.30am	Bums, Legs and Tums	Prama Studio
11.10am	Aqua Aerobics	Teaching Pool
11.30am	Core Conditioning	Dance Studio
12.30pm	Stages Virtual	Stages Studio
12.45pm	Pilates	Dance Studio
5.15pm	Kettlebells	Dance Studio
6.30pm	Grit	Sports Hall
6.30pm	Stages Cycle	Stages Studio
7.00pm	Aqua Aerobics	Teaching Pool
7.15pm	Circuits	Sports Hall
7.30pm	Stages Virtual	Stages Studio
8.00pm	Yoga	Prama Studio



Class Timetable

Christmas Holiday

Tuesday 24th

Time	Class	Location
9.30am	Stages Cycle	Stages Studio
9.30am	Aerobics	Dance Studio
10.30am	Yoga	Prama Studio
10.30am	Pilates	Dance Studio
12.30pm	Stages Virtual	Stages Studio
12.00pm	Stretch and Tone	Dance Studio

Friday 27th

Time	Class	Location
9.30am	Kettlebells	Sports Hall
9.30am	Pilates	Dance Studio
9.30am	Stages Virtual	Stages Studio
9.30am	Gym Floor Class	Gym
10.30am	Body Conditioning	Dance Studio
10.35am	Stages Cycle	Stages Studio
11.30am	Zumba	Dance Studio
12.00pm	Aqua Aerobics	Teaching Pool

Saturday 28th

Time	Class	Location
7.25am	Grit	Sports Hall
8.00am	Stages Cycle	Stages Studio
8.40am	Pilates	Dance Studio
9.00am	Stages Cycle	Stages Studio
9.45am	Stages Virtual	Stages Studio
11.00am	Zumba	Dance Studio



Class Timetable

Christmas Holiday

Sunday 29th

Time	Class	Location
9.00am	Stages Cycle	Stages Studio
9.00am	Body Combat	Dance Studio
10.00am	Body Conditioning	Prama Studio
10.00am	Body Pump	Dance Studio
6.00pm	Stages Virtual	Stages Studio

Monday 30th

Time	Class	Location
8.30am	Pilates	Dance Studio
9.15am	Stages Cycle	Stages Studio
10.15am	Aqua Aerobics	Teaching Pool
10.30am	Bums, Legs and Tums	Dance Studio
11.10am	Aqua Aerobics	Teaching Pool
11.30am	Core Conditioning	Dance Studio
12.30pm	Stages Virtual	Stages Studio
12.45pm	Pilates	Dance Studio
5.15pm	Kettlebells	Stages Studio
6.30pm	Stages Cycle	Stages Studio

Tuesday 31st

Time	Class	Location
9.30am	Stages Cycle	Stages Studio
9.30am	Zumba	Dance Studio
10.30am	Yoga	Prama Studio
10.30am	Pilates	Dance Studio
11.15am	Aqua Aerobics	Teaching Pool
12.30pm	Stages Virtual	Stages Studio
12.15pm	Aqua Aerobics	Teaching Pool
12.00pm	Stretch and Tone	Dance Studio



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