



Christmas Timetable

23rd December to 2nd January



CLC
HEALTH
& FITNESS
CENTRE



MONDAY 23RD

07:00-07:45 Circuits
10:45-11:45 Yoga
12:00-13:00 Yoga
18:30-19:15 Indoor Cycling
18:45-19:30 Zumba
19:30-20:15 Body Balance

TUESDAY 24TH

09:30-10:30 Pilates
10:30-11:15 Indoor cycling

WEDNESDAY 25TH CLOSED

THURSDAY 26TH CLOSED

FRIDAY 27TH

07:30-08:15 Circuits
11:45-12:45 Yoga
13:00-14:00 Yoga

SUNDAY 29TH

10:00-10:45 Indoor Cycling

MONDAY 30TH

10:45-11:45 Yoga
12:00-13:00 Yoga
17:00-17:45 Indoor Cycling

TUESDAY 31ST

09:30-10:30 Pilates

WEDNESDAY 1ST CLOSED

THURSDAY 2ND

09:30-10:00 Legs, Bums and Tums
12:15-13:00 Aqua
18:45-19:45 Body Balance
18:45-19:30 Body Combat
18:45-19:30 Circuits
19:45-20:45 Body Pump

FROM FRIDAY 3RD ALL
CLASSES RETURN TO
THE NORMAL
TIMETABLE

