



















HOLIDAY TIMETABLE

Date/ Opening Hours	25 Dec	26 Dec	27 Dec	28 Dec	29 Dec	30 Dec	31 Dec	
	Closed	10am - 6:30pm	5am - 10pm	5am - 10pm	5am - 10pm	7am - 6:30pm	7am - 4pm	
6:00am	MERRY CHRISTMAS. ENJOY A DAY OFF!		LES MILLS BODYCOMBAT Alecia (45)	LES MILLS GRIT Alecia (30)	FUNCTIONAL Gwen (30)	7AM FUNCTIONAL Evan (30)		
8:00am							 Clara (45)	
9:00am						LES MILLS CORE Alecia (30)	LES MILLS BODYPUMP Ammany (55)	
9:30am				LES MILLS BODYPUMP Alecia (55)	LES MILLS Shapes Alecia (45)			
10:15am			LES MILLS BODYCOMBAT Alecia (45)					
5:30pm					LES MILLS BODYCOMBAT May (45)			

Date/ Opening Hours	1 Jan	2 Jan	3 Jan	4 Jan	5 Jan	6 Jan	7 Jan
	10am - 6:30pm	5am - 10pm	5am - 10pm	5am - 10pm	5am - 10pm	7am - 6:30pm	7am - 6:30pm
6:00am		LES MILLS BODYPUMP Alecia (55)	LES MILLS BODYCOMBAT Alecia (45)	LES MILLS GRIT Elise (30)	FUNCTIONAL Gwen (30)	7AM FUNCTIONAL Evan (30)	
8:00am							 Clara (45)
9:00am		FUNCTIONAL Gwen (30)			LES MILLS CORE Alecia (30)	LES MILLS BODYPUMP Ammany (55)	
9:30am		LES MILLS BODYCOMBAT Alecia (45)	LES MILLS BODYPUMP Alecia (55)	LES MILLS Shapes Alecia (45)			
10:15am	LES MILLS GRIT Alecia (30)						
5:30pm		LES MILLS BODYATTACK Ammany (45)		LES MILLS BODYCOMBAT May (45)			

	8 Jan	9 Jan	10 Jan	11 Jan	12 Jan	13 Jan	14 Jan
6:00am	 STEP Alecia (45)	LES MILLS BODYPUMP Alecia (45)	LES MILLS BODYCOMBAT Alecia (45)	LES MILLS GRIT Elise (30)	FUNCTIONAL Gwen (30)	7AM FUNCTIONAL Evan (30)	
8:00am						LES MILLS RPM Jako (55)	 STEP Clara (45)
9:00am		FUNCTIONAL Fariba (30)			LES MILLS CORE Chris (30)	LES MILLS BODYPUMP Jako (55)	 Jeremy (60)
9:30am		LES MILLS BODYCOMBAT Alecia (45)	LES MILLS BODYPUMP Chris (45)	BODY SCULPT Chris (45)			
	LES MILLS BODYPUMP Alecia (55) - 9:45am		 Jeremy (60)				
11:00am	 Chris (45)				 Fariba (45)		
5:30pm	LES MILLS GRIT Karola (30)	LES MILLS BODYATTACK Ammany (30)		LES MILLS BODYCOMBAT May (45)			
6:00pm		 Alecia (45)	LES MILLS RPM Jako (55)				
6:15pm			 Clara (60)				
6:30pm		YOGA & MEDITATE Jeremy (90)					

	15 Jan	16 Jan	17 Jan	18 Jan	19 Jan	20 Jan	21 Jan
6:00am	 STEP Alecia (45)	LES MILLS BODYPUMP Alecia (45)	LES MILLS BODYCOMBAT Alecia (45)	LES MILLS GRIT Elise (30)	FUNCTIONAL Gwen (30)	7AM FUNCTIONAL Evan (30)	
8:00am						LES MILLS RPM Mel (55)	 STEP Clara (45)
9:00am		FUNCTIONAL Fariba (30)			LES MILLS CORE Chris (30)	LES MILLS BODYPUMP Mel (55)	 Jeremy (60)
9:30am		LES MILLS BODYCOMBAT Alecia (45)	LES MILLS BODYPUMP Chris (45)	BODY SCULPT Chris (45)			
	LES MILLS BODYPUMP Alecia (55) - 9:45am		 Christina (60)				
11:00am	 Chris (45)				 Fariba (45)		
5:30pm	LES MILLS GRIT Karola (30)	LES MILLS BODYATTACK Ammany (30)		LES MILLS BODYCOMBAT May (45)			
6:00pm		 Alecia (45)	LES MILLS RPM Jako (55)				
6:15pm			 Clara (60)				
6:30pm		YOGA & MEDITATE Jeremy (90)					