

Christmas Timetable 2024



TUESDAY 24th

Studio 2

09:15 - 10:00 **Sculpt
Aerobics**

Gym Floor

07:00 - 07:30
B:Conditioned
09:30 - 10:00
B:Conditioned
10:10 - 10:25 **B:Core
Blast**
10:25 - 10:40 **Stretch
and Mobility**

Pool

10:15 - 11:00 **Aqua
HIIT**

WEDNESDAY 25th

CLOSED

THURSDAY 26th

CLOSED

FRIDAY 27th

Studio 2

09:00 - 10:00 **Step
Circuits**

Studio 3

12:00 - 13:00 **Yoga**
17:30 - 18:30 **Yoga**

Gym Floor

07:00 - 07:30
B:Conditioned
10:15 - 10:45 **B:Strong**
10:55 - 11:10 **B:Core
Blast**
17:30 - 18:00
B:Conditioned

Pool

10:00 - 11:00 **Aqua Fit**

SATURDAY 28th

Studio 2

09:30 - 10:30
BODYPUMP™

Spin Studio

08:30 - 09:00 **Group
Cycling**

Gym Floor

09:45 - 10:45
B:Conditioned
10:25 - 10:40 **B:Core
Blast**

SUNDAY 29th

Studio 3

10:00 - 11:00 **Yoga**

Gym Floor

09:00 - 09:30
B:Conditioned
09:40 - 09:55 **B:Core
Blast**
10:00 - 10:15 **Stretch
and Mobility**

Norwich West

Bannatyne

*The timetable is subject change and is based on Instructor availability.

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MONDAY 30th

Studio 2

10:00 - 10:45 **Legs, Bums, Tums**

11:30 - 12:30 **Zumba Gold**

18:00 - 18:45 **Dance Fit**

Spin Studio

18:00 - 18:45 **RPM**

Gym Floor

17:30 - 18:00 **B Strong**

18:10 - 18:40 **B Conditioned**

Pool

10:00 - 11:00 **Aqua Fit**

TUESDAY 31st

Studio 2

09:15 - 10:00 **Sculpt Aerobics**

Studio 3

09:15 - 10:15 **Yoga**

Gym Floor

07:00 - 07:30

B:Conditioned

09:30 - 10:00

B:Conditioned

10:10 - 10:25 **B:Core Blast**

10:25 - 10:40 **Stretch and Mobility**

Pool

10:15 - 11:00 **Aqua HIIT**

WEDNESDAY 1st Jan

CLOSED

THURSDAY 2nd

REGULAR TIMETABLE RESUMES

Norwich West

Bannatyne

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