

# Queen's Park Sports Centre

## Christmas Fitness Timetable week commencing 23 December

Monday 23rd December	
6.30am	HIIT Circuit
9.00am	Aquacise
9.00am	Rockbox
10.00am	LBT
11.00am	Stretch & Tone
11.00am	Falls Prevention
11.30am	Moving in Water
12.00pm	Moving in Water
12.15pm	Fitness Locker Circuits
12.30pm	Move It Mums
1.00pm	Activities for All
1.15pm	Outswimming Cancer
5.30pm	Indoor Cycling
6.00pm	Body Combat
6.30pm	Indoor Cycling
7.00pm	Ballet Fitness
7.15pm	Circuit
8.30pm	Yoga

Tuesday 24th December	
9.00am	Kettlebell
9.30am	Core
10.00am	Body Pump
11.00am	Fitball
11:45am	Pilates
12.15pm	Aquacise
12pm	Indoor Cycling

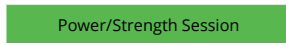
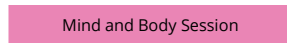
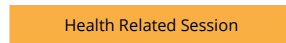
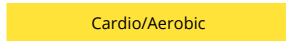

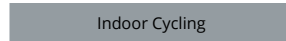
Wednesday 25th December	
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Thursday 26th December	
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Friday 27th December	
9am	Indoor Cycling
9.00am	Core
9.30am	Kettlebell
10.00am	Body Pump
11.00am	Stretch & Tone
12.00pm	Indoor Cycling
12:15pm	Fitness Locker Circuits
1.00pm	50+ Stretch & Tone
2.00pm	Health and Wellbeing Circuits
5.30pm	Indoor Cycling
6.00pm	Total Body Workout

Saturday 28th December	
8.30am	Indoor Cycling
8.45am	Box Hit
10.00am	Body Combat
10.00am	Indoor Cycling
11.15am	Body Pump
1.00pm	Zumba Gold

Sunday 29th December	
8.30am	Indoor Cycling
9:30am	Beatz
10:30am	Rockbox
2.30pm	Yoga

 Power/Strength Session	 Mind and Body Session	 Health Related Session
 Cardio/Aerobic	 Water Based Cardio Aerobic	 Indoor Cycling

Please note: Classes can be subject to change. We will attempt to inform you of any changes as soon as possible but this may not always be possible at short notice.