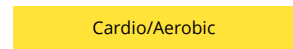



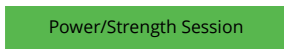
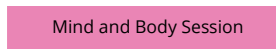


Healthy Living Centre

Christmas Fitness Timetable week commencing 23 December

Monday 23rd December		Tuesday 24th December		Wednesday 25th December		Thursday 26th December		Friday 27th December		Saturday 28th December		Sunday 29th December	
6.45am	Indoor Cycling							10.00am	Indoor Cycling	9.00am	Body Burn	9.30am	Yoga
9.30am	Ballet Fit							10.00am	Ballet Fit	10.00am	Indoor Cycling	10.00am	Indoor Cycling
10.00am	Indoor Cycling							11.00am	Dancefit	10.00am	Yoga	11.00am	Legs, Bums, Tums
10.30am	Pilates							12.00pm	Aquacise				
11.15am	Legs, Bums, Tums							12.30pm	Chair Based				
12.00pm	Aquacise												
1.30pm	Falls Prevention												
5.15pm	HIIT												
6.00pm	Indoor Cycling												
6.15pm	Pilates												
7.00pm	Indoor Cycling												
7.15pm	Rockbox												
7.30pm	Aquacise												

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

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.