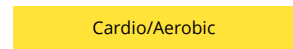



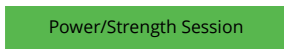
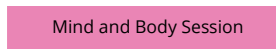


# Healthy Living Centre

## Christmas Fitness Timetable week commencing 30 December

Monday 30th December		Tuesday 31st December		Wednesday 1st January		Thursday 2nd January		Friday 3rd January		Saturday 4th January		Sunday 5th January	
6.45am	Indoor Cycling	6.45am	Indoor Cycling			10.00am	Body Pump	10.00am	Indoor Cycling	9.00am	Body Burn	9.30am	Yoga
9.30am	Ballet Fit	9.15am	Full Body Workout			11.00am	Zumba	10.00am	Ballet Fit	10.00am	Indoor Cycling	10.00am	Indoor Cycling
10.00am	Indoor Cycling	10.15am	Yoga			1.15pm	Move It Mums	11.00am	Dancefit	10.00am	Yoga	11.00am	Legs, Bums, Tums
10.30am	Pilates	11.15am	Dancefit			5.30pm	Legs, Bums, Tums	12.00pm	Aquacise			5.00pm	Body Pump
11.15am	Legs, Bums, Tums	12.15pm	Aquacise			6.30pm	Indoor Cycling	12.30pm	Chair Based			6.00pm	Body Combat
12.00pm	Aquacise	12.15pm	Indoor Cycling			6.30pm	Rockbox	5.30pm	Yoga				
1.30pm	Falls Prevention	12.15pm	Pilates			7.00pm	Outswimming Cancer	6.45pm	Indoor Cycling				
						7.30pm	Somatic Stretch	8.00pm	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.