



Christmas & New Years OPERATING HOURS

<u>Date</u>	<u>Opening Hours</u>	<u>Aerobics</u>	<u>Circuits</u>
Monday 23rd December – Hours as normal		<u>Aerobics</u> 5:45am RPM 6:00am Grit Strength 8:00am Actives Over 50's 9:15am Body Step 10:00am Body Balance 5:30pm Yoga 6:00pm RPM 6:15pm Body Pump 7:15pm Zumba	<u>Circuits</u> 9:15am 4:30pm Functional
Tuesday 24 th December – <u>Christmas Eve</u>	5:30am – 12:00pm Childcare: 9.00am - 11.30am only	<u>Aerobics</u> 6:15am Body Balance 8:00am Active Over 50's 9:15am Zumba 9:30am RPM 10:15am Body Pump	<u>Circuits</u> 5:30am Functional 9:15am
Wednesday 25 th December - <u>Christmas Day</u>	24 hr Tag Access Only		
Thursday 26 th December – – <u>Boxing Day</u>	24 hr Tag Access Only		
Friday 27 th December –	7:00am – 12:00pm NO CHILDCARE	<u>Aerobics</u> 8:00am Active Over 50s 9:15am Motivate 10:00am Body Balance	<u>Circuits</u> 7:00am 9:15am
Saturday 28 th December - <u>Hours as normal</u>	8:00am – 12:00pm NO CHILDCARE	<u>Aerobics</u> 8:00am Grit Strength 8:30am RPM 9:00am Body Pump	<u>Circuits</u> 8:00am
Sunday 29 th December -	3:00pm – 6:00pm	<u>Aerobics</u> 3:30pm Body Pump 4:30pm Body Balance	
Monday 30 th December – <u>Hours as normal</u>		<u>Aerobics</u> 6:00am Grit Strength 6:00am RPM 8:00am Actives Over 50's 9:15am Body Step 10:00am Body Balance 5:30pm Yoga 6:00pm RPM 6:15pm Body Pump 7:15pm Zumba	<u>Circuits</u> 9:15am 4:30pm Functional
Tuesday 31 st December - <u>New Years Eve</u>	5:30am – 12:00pm Childcare: 9.00am - 11.30am only	<u>Aerobics</u> 6:15am Body Balance 8:00am Active Over 50's 9:15am Zumba 9:30am RPM 10:15am Body Pump	<u>Circuits</u> 5:30am Functional 9:15am
Wednesday 1 st January – <u>New Years Day</u>	24 hr Tag Access Only		
Thursday 2 nd January – <u>Hours as normal</u>		<u>Aerobics</u> 6:00am Boxing 8:00am Active Over 50's 9:15am Body Pump 10:15am Body Step 11:00am Heartmoves 4:30pm Body Balance 6:15pm Body Pump	<u>Circuits</u> 5:30am Functional 4:30pm

The Genetics Team wishes you a very Merry Christmas and look forward to seeing you all for a fit and healthy new year!