

## CHRISTMAS WEEK – CLASS TIMETABLE

Please book up to 7 days in advance with the St. Mellion Team **01579 352003**

Please bear in mind, the timetable is subject to change



		AM			
<b>Monday Dec 23rd</b>	<b>09:15-10:00</b> Body Pump  Diane	<b>10:15-11:00</b> BodyBalance  Diane	<b>11:15-12:15</b> Yoga  Diane	<b>11:30-12:15</b> Aqua  Gemma	<b>12:30-13:15</b> Pilates  Gemma
<b>Tuesday Dec 24th</b>	<b>07:30-08:30</b> Circuits  Steve	<b>09:00-09:45</b> Ride  Gemma	<b>10:00-10:45</b> Pilates  Gemma	<b>10:00-11:30</b> Strength & Conditioning  Steve	<b>10:00-10:45</b> Aqua  Sarah
<b>Wednesday Dec 25th</b>					
<b>Thursday Dec 26th</b>					
<b>Friday Dec 27th</b>					
<b>Saturday Dec 28th</b>	<b>09:15-10:00</b> Ride  Diane	<b>10:15-10:45</b> Core Fusion  Diane	<b>11:00-11:45</b> Bodybalance  Diane		
<b>Sunday Dec 29th</b>					

	Dance Studio		Main Pool
	Cycling Studio		Gym/outdoor exercise area

# NEW YEAR WEEK – CLASS TIMETABLE

Please book up to 7 days in advance with the St. Mellion Team **01579 352003**

Please bear in mind, the timetable is subject to change



		AM					PM				
<b>Monday Dec 30th</b>	<b>09:15-10:00</b> Body Pump  Diane	<b>10:15-11:00</b> BodyBalance  Diane	<b>11:15-12:15</b> Yoga  Diane	<b>11:30-12:15</b> Aqua  Gemma	<b>12:30-13:15</b> Pilates  Gemma	<b>18:15-19:00</b> Combat Workout  Lee	<b>19:00-19:45</b> Body Pump  Lee				
<b>Tuesday Dec 31st</b>	<b>09:00-09:45</b> Ride  Gemma	<b>10:00-10:45</b> Pilates  Gemma									
<b>Wednesday Jan 1st</b>											
<b>Thursday Jan 2<sup>nd</sup> (Normal)</b>	<b>07:00-07:30</b> Max Out  Steve	<b>09:00-09:45</b> Ride  Steve	<b>09:00-09:30</b> Core Fusion  Hannah	<b>09:30-10:15</b> Stretch & Chill  Hannah	<b>10:00-10:45</b> Aqua  Sarah	<b>10:00-11:30</b> Strength & Conditioning  Steve	<b>11:00-11:45</b> Pilates  Sarah	<b>17:30-18.15</b> Ride  Diane	<b>1730-18:15</b> S&C Circuits  Shakey	<b>18:30-19:00</b> Les Mills Core  Diane	<b>19:15-20:00</b> Bodybalance  Diane
<b>Friday Jan 3<sup>rd</sup> (Normal)</b>	<b>09:00-09:45</b> Ride  Steve	<b>09:00-09:45</b> Body Pump  Nikki	<b>10:00-10:45</b> Whole Body Workout  Sarah	<b>10:00-10:45</b> Aqua  Nikki	<b>10:30-11:30</b> Kettlebells  Steve	<b>11:00-11:45</b> BodyBalance  Sarah					
<b>Saturday Jan 4<sup>th</sup> (Normal)</b>	<b>09:15-10:00</b> Ride  Hannah	<b>10:15-10:45</b> Core Fusion  Hannah	<b>11:00-11:45</b> Bodybalance  Hannah								
<b>Sunday Jan 5th</b>											

	Dance Studio		Main Pool
	Cycling Studio		Gym/outdoor exercise area