



Festive

CLASS TIMETABLE

PORTAL

Sat 27th Dec	PILATES	0930 - 1030
	YOGA	1030 - 1130
Sun 28th Dec	SPIN	0930 - 1030
	COMBAT	1030 - 1130
Mon 29th Dec	PUMP	0930 - 1030
	COMBAT	1030 - 1115
Tue 30th Dec	AQUA	0900 - 1000
	SPIN	1000 - 1100
	ROCKET YOGA	1200 - 1300
	50+ FITNESS	0815 - 0915
	50+ FITNESS	0915 - 1015
	KETTLEBELLS	1015 - 1115

VIKINGAR!

Sun 28th Dec	ZUMBA	1000 - 1100
Mon 29th Dec	AEROBICS	1030 - 1130
	SPIN	1130 - 1230
Tue 30th Dec	CLUBBERCISE	1000 - 1100

AUCHENHARVIE

Sat 27th Dec	METAFIT	0900 - 0930
	BODYATTACK	0930 - 1030
Mon 29th Dec	METAFIT	0930 - 1000
	BODYATTACK	1000 - 1100
Tue 30th Dec	YOGA	1330 - 1500

PLEASE REMEMBER TO BOOK ALL CLASSES!

All classes are subject to change.