

Christmas Period Exercise Classes

Date	Time	Instructor	Class
Mon 16th Dec	09:30	Steph	Step HIIT
	11:00	Steph	Stretch & Strength
	18:00	Svilen	Full Body Circuits
Tues 17th Dec	09:30	Steph	Body Tone
	11:00	Steph	Stretch & Strength
	18:30	Svilen	Kettlebells
Weds 18th Dec	09:30	Svilen	Full Body Circuits
	11:00	Svilen	Kettlebells
	18:30	Steph	Stretch & Strength
Thurs 19th Dec	09:30	Svilen	Full Body Circuits
	13:00	Svilen	Kettlebells
Fri 20th Dec	18:00	Svilen	Full Body Circuits
Sat 21st Dec	09:30	Steph/Svilen	Body Tone
Sun 22nd Dec	-	-	-
Mon 23rd Dec	11:00	Steph	Stretch & Strength
	18:00	Svilen	Full Body Circuits
Christmas Eve	09:30	Steph	Body Tone
	12:30	Svilen	Kettlebells
Christmas Day	CLOSED		
Boxing Day	CLOSED		
Fri 27th Dec	12:30	Svilen	Full Body Circuits
Sat 28th Dec	09:30	Steph/Svilen	Body Tone
Sun 29th Dec	-	-	-
Mon 30th Dec	11:00	Steph	Stretch & Strength
	12:30	Svilen	Full Body Circuits
New Year's Eve	09:30	Steph	Body Tone
	12:30	Svilen	Kettlebells
New Year's Day	CLOSED		
Thurs 2nd Jan	13:00	Svilen	Kettlebells
Fri 3rd Jan	18:00	Svilen	Full Body Circuits
Sat 4th Jan	09:30	Steph/Svilen	Body Tone
Sun 5th Jan	-	-	-