



# GROUP FITNESS

## Christmas Timetable—Bishopdale

Time	MONDAY 24 DEC	TUESDAY 25 DEC	WEDNESDAY 26 DEC	THURSDAY 27 DEC	FRIDAY 28 DEC	SATURDAY 29 DEC	SUNDAY 30 DEC
7am	Boxing Josh	<b>CLOSED</b>			Circuit Josh		
9am				Pilates Teresa	Spin Michelle	Circuit Josh Yoga Jo	
9:30am	Step/Pump Rox				TBT Rox	Pump Rox	Pump Rox
10am	Pilates Teresa					Yin Yoga Teresa	
5:30pm					Pump Rox		
6pm					Yoga Jo		



# GROUP FITNESS

## Christmas Timetable—Bishopdale

Time	MONDAY 31 DEC	TUESDAY 1 JAN	WEDNESDAY 2 JAN	THURSDAY 3 JAN	FRIDAY 4 JAN	SATURDAY 5 JAN	SUNDAY 6 JAN
7am		<b>CLOSED</b>			Circuit Josh		
8am	Boxing Josh						
9am					Pilates Teresa	Spin Michelle	Circuit Josh Yoga Jo
9:30am	Step/Pump Rox				TBT Rox	Pump Rox	Pump Rox
10am	Pilates Teresa					Yin Yoga Teresa	
5:30pm					Pump Rox		
6pm					Yoga Jo		