

**fitness
Venue**
w h i t s u n d a y

OLD CHURCH

Happy Holidays!

20/12 - 26/12

	20/12	21/12	22/12	23/12	24/12	XMAS	26/12
6.00AM		vinyasa yoga	hatha yoga	pilates	vinyasa yoga	24hr GYM ONLY	24hr GYM ONLY
7.00AM	pilates	LesMILLS BODYBALANCE	yin yoga	hatha yoga			
8.00AM							
9.00AM	hatha yoga	anti gravity yoga	LesMILLS BODYBALANCE	pilates	LesMILLS BODYBALANCE		
10.00AM							
10.30AM							
5.30PM							

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27/12 - 02/01

	27/12	28/12	29/12	30/12	31/12	Happy New Year!	02/01
6.00AM	24hr GYM ONLY	24hr GYM ONLY	hatha yoga	pilates	vinyasa yoga	24hr GYM ONLY	24hr GYM ONLY
7.00AM			yin yoga	hatha yoga			
8.00AM							
9.00AM			LesMILLS BODYBALANCE	pilates	LesMILLS BODYBALANCE		
10.00AM							
10.30AM							

Happy Holidays!

03/01 - 09/01

	03/01	04/01	05/01	06/01	07/01	08/01	09/01
6.00AM	24hr GYM ONLY	vinyasa yoga	hatha yoga	pilates	vinyasa yoga		
7.00AM		LesMILLS BODYBALANCE	yin yoga	hatha yoga		vinyasa yoga	
8.00AM							pilates
9.00AM		anti gravity yoga	LesMILLS BODYBALANCE	pilates	LesMILLS BODYBALANCE	hatha yoga	LesMILLS BODYBALANCE
10.00AM							
10.30AM							

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