

HOLIDAY CLASSES

Sat 6th - Sat 13th Jan, 2018

Register on the day – no fee

Weights & Stretch (W&S) 1xhr exercise (outdoors)

Last classes Blue and Green members:

Wednesday 20th December, 2017

Resume: **Monday 15th January, 2018**

NB: Gym Circuits, Be Stronger, Pilates and Fitball classes will be continuing over this time except for public holidays.

Please check **Gym Opening Hours** over the Christmas and New Year week.

Date Jan 2018	DAY	CLASSTYPE	TIME
6th	Saturday	Outdoor FL	8am
9th	Tuesday	Outdoor W&S	7am
11th	Thursday	Outdoor W&S	7am
13th	Saturday	Outdoor FL	8am