

# VOLAIR HUYTON CHRISTMAS GROUP FITNESS

## Group Fitness Timetable: Week Commencing 16th December

Monday 16th December	Tuesday 17th December	Wednesday 18th December	Thursday 19th December	Friday 20th December	Saturday 21st December	Sunday 22nd December
07.00 - 07.45 Sports Hall Ko8	09.30 - 10.00 Studio HIIT	07.00 - 07.45 Sports Hall FUNCTIONAL CIRCUIT	09.00 - 09.30 Sports Hall Ko8	07.00 - 07.30 Studio AB30	09.15 - 10.00 Studio LOW CIRCUIT	09.30 - 10.15 Spin Room SPIN
09.30 - 10.00 Studio AB30	10.05 - 11.00 Studio PILATES	09.15 - 10.00 Spin Room SPIN	09.45 - 10.30 Spin Room SPIN	09.30 - 10.15 Spin Room SPIN	10.00 - 10.45 Studio BOOTCAMP	
10.00 - 10.30 Studio CORE	10.00 - 11.00 Sports Hall LOW CIRCUIT	10.20 - 11.05 Spin Room SPIN	10.00 - 11.00 Sports Hall LOW CIRCUIT	10.30 - 11.15 POOL AQUACISE		
10.00 - 11.00 Sports Hall LOW AEROBICS	17.15 - 18.00 Studio TRIPLE TREAT	12.00 - 12.45 POOL AQUACISE	17.30 - 18.15 Studio GROUP FIGHT	18.05 - 18.50 Spin Room SPIN		
18.05 - 18.50 Sports Hall HIIT v CORE	18.00 - 18.45 Studio LBT	12.00 - 13.00 Studio TAI CHI	18.20 - 19.00 Studio STEP			
18.05 - 18.50 Spin Room SPIN		17.30 - 18.15 Studio PILATES				
19.00 - 19.45 Pool AQUACISE		18.20 - 19.15 Sports Hall CIRCUIT				

## Group Fitness Timetable: Week Commencing 23rd December

Monday 23rd December	Tuesday 24th December	Friday 27th December	Saturday 28th December	Sunday 29th December
07.00 - 07.45 Sports Hall Ko8	09.00 - 10.00 Studio BOOTCAMP	09.30 - 10.15 Spin Room SPIN	09.10 - 09.55 Spin Room SPIN	09.30 - 10.15 Spin Room SPIN
09.30 - 10.00 Studio AB30		10.20 - 10.55 Studio GROUP POWER	10.00 - 10.45 Sports Hall LOW CIRCUIT	10.30 - 11.30 Studio CIRCUIT
17.30 - 18.00 Studio LBT		10.30 - 11.15 POOL AQUACISE		
18.05 - 18.50 Sports Hall HIIT v CORE		18.05 - 18.50 Spin Room SPIN		



**-MERRY-  
CHRISTMAS**

**CATEGORY COLOUR KEY**  
**MIND AND BODY** | **CARDIO** | **STRENGTH**

## Group Fitness Timetable For Week Commencing 30th December On Reverse

0151 443 2200 | volair.org.uk | info@volair.org.uk



# VOLAIR HUYTON CHRISTMAS GROUP FITNESS

## Group Fitness Timetable: Week Commencing 30th December

Monday 30th December	Tuesday 31st December	Wednesday 1st January	Thursday 2nd January	Friday 3rd January	Saturday 4th January	Sunday 5th December
07.00 - 07.45 Sports Hall Ko8	09.30 - 10.00 Studio HIIT		09.00 - 09.30 Sports Hall Ko8	07.00 - 07.30 Studio AB30	09.10 - 09.55 Spin Room SPIN	09.15 - 10.15 Studio YOGA
09.30 - 10.00 Studio AB30			09.45 - 10.30 Spin Room SPIN	09.30 - 10.15 Spin Room SPIN	09.15 - 10.00 Sports Hall LOW CIRCUIT	09.30 - 10.15 Spin Room SPIN
17.30 - 18.15 Studio LBT			10.00 - 11.00 Sports Hall LOW CIRCUIT	10.20 - 10.55 Studio GROUP POWER	10.00 - 10.45 Studio BOOTCAMP	10.30 - 11.30 Studio CIRCUIT
18.05 - 18.50 Sports Hall HIIT v CORE			12.00 - 12.45 POOL AQUACISE	10.30 - 11.15 POOL AQUACISE	11.00 - 12.00 Studio TAI CHI	
			17.30 - 18.15 Spin Room GROUP FIGHT	18.05 - 18.50 Spin Room SPIN		
			18.20 - 19.00 Studio STEP			
			18.20 - 19.00 Spin Room SPIN			
			19.05 - 20.05 Studio ZUMBA			



# #aHappierHealthierYou

0151 443 2200 | [volair.org.uk](http://volair.org.uk) | [info@volair.org.uk](mailto:info@volair.org.uk)

