

# VOLAIR KIRKBY 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 - 07.30 Studio 3 FUNCTIONAL CIRCUIT	09.15 - 10.00 Studio 3 TRIPLE TREAT	07.00 - 07.45 Studio 3 FUNCTIONAL CIRCUIT	09.30 - 10.15 Studio 3 SPIN	09.30 - 10.15 Studio 3 AB30 VS CORE	09.30 - 10.30 Studio 3 S&C	10.00 - 11.00 Studio 3 Ko8 CIRCUIT
09.30 - 10.15 Studio 3 GROUP POWER	10.30 - 12.00 Studio 3 YOGA	10.00 - 11.00 Studio 3 Ko8 CIRCUIT	10.15 - 10.45 Studio 3 CORE	10.20 - 11.20 Studio 3 YOGA		
11.30 - 12.30 Studio 1 TAI CHI	18.00 - 18.45 Studio 3 STEP	10.00 - 10.55 Studio 1 LOW CIRCUIT	10.00 - 10.45 Studio 1 LOW CIRCUIT	17.30 - 18.00 Studio 3 Ko8		
18.00 - 19.00 Studio 1 CIRCUIT	18.50 - 19.20 Studio 3 LBT	12.15 - 13.00 Pool AQUACISE	17.45 - 18.30 Studio 3 SPIN			
18.10 - 18.55 Pool AQUACISE		17.30 - 18.15 Studio 3 Ko8 CIRCUIT	18.35 - 19.20 Studio 3 S&C			
		19.00 - 20.30 Studio 3 YOGA				

## Group Fitness Timetable: Week Commencing 23rd December

Monday 23rd December	Tuesday 24th December	Friday 27th December	Saturday 28th December	Sunday 29th December
07.00 - 07.30 Studio 3 FUNCTIONAL CIRCUIT	09.15 - 10.00 Studio 3 Ko8	09.30 - 10.15 Studio 3 AB30 VS CORE	09.30 - 10.30 Studio 3 S&C	10.00 - 10.45 Studio 3 SPIN
09.30 - 10.15 Studio 3 SPIN		17.30 - 18.00 Studio 3 Ko8		
17.30 - 18.00 Studio 3 LBT				



**-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](http://volair.org.uk) | [info@volair.org.uk](mailto:info@volair.org.uk)



# VOLAIR KIRKBY 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
09.30 - 10.15 Studio 3 SPIN	09.15 - 10.00 Studio 3 CIRCUIT		09.30 - 10.15 Studio 3 SPIN	07.15 - 08.00 Studio 3 YOGA	09.30 - 10.30 Studio 3 S&C CIRCUIT	10.00 - 11.00 Studio 3 Ko8 CIRCUIT
17.30 - 18.00 Studio 3 LBT			10.15 - 10.45 Studio 3 CORE	09.30 - 10.15 Studio 3 AB30 VS CORE	09.30 - 10.30 Studio 3 FAMILY BOOTCAMP	11.15 - 12.00 Studio 3 SPIN
			10.45 - 11.30 Studio 3 LBT	10.20 - 11.20 Studio 3 YOGA		
			11.00 - 12.00 Studio 1 TAI CHI	12.15 - 13.00 Pool AQUACISE		
			11.30 - 12.30 Studio 3 PILATES	17.30 - 18.00 Studio 3 Ko8		
			16.30 - 17.15 Studio 3 FIT CLUB	18.00 - 19.00 Studio 3 CIRCUIT		
			17.45 - 18.30 Studio 3 SPIN			
			18.35 - 19.20 Studio 3 S&C			
			19.20 - 20.20 Studio 3 PILATES			



# #aHappierHealthierYou

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