

VOLAIR STOCKBRIDGE 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
09.30 - 10.15 Studio 1 TRIPLE TREAT	09.30 - 10.15 Studio 1 CIRCUIT	09.30 - 10.00 Studio 1 SPIN	09.45 - 10.15 Studio 1 CORE	10.00 - 10.45 Studio 1 LBT		
10.20 - 11.00 Studio 1 LOW CIRCUIT	11.00 - 11.45 Studio 1 ZUMBA	10.15 - 11.00 Studio 1 TRIPLE TREAT	17.30 - 18.00 Studio 1 AB30			
18.00 - 18.45 Boxing RM SPIN	18.00 - 18.45 Studio 1 LBT	12.05 - 12.50 Pool AQUACISE				
19.00 - 19.45 Pool AQUACISE		18.00 - 18.45 Studio 1 CIRCUIT				



Group Fitness Timetable: Week Commencing 23rd December

Monday 23rd December	Tuesday 24th December	Wednesday 25th December	Thursday 26th December	Friday 27th December	Saturday 28th December	Sunday 29th December
09.30 - 10.15 Studio 1 CIRCUIT	09.30 - 10.00 Studio 1 CORE			09.30 - 10.00 Studio 1 AB30		
18.00 - 18.30 Studio 1 AB30						

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 January
09.30 - 10.15 Studio 1 CIRCUIT	09.30 - 10.00 Studio 1 CORE		09.45 - 10.15 Studio 1 3D30	09.30 - 10.00 Studio 1 AB30		09.30 - 10.00 Studio 1 CIRCUIT
18.00 - 18.30 Studio 1 AB30			10.20 - 11.20 Studio 1 FITNESS PILATES	10.00 - 10.45 Studio 1 LBT		
			17.30 - 18.00 Studio 1 AB30	10.45 - 11.30 Studio 1 ZUMBA		
			18.05 - 18.45 Studio 1 SPIN			
			19.00 - 19.45 Pool AQUACISE			

CATEGORY COLOUR KEY

MIND AND BODY | **CARDIO** | **STRENGTH**

**- MERRY -
CHRISTMAS**