

Volair Halewood | Christmas Group Fitness Timetable

Monday 21st December

09.45 - 10.30 Sports Hall
AEROBICS

10.45 - 11.30 Sports Hall
LBT

12.30 - 13.15 Pool
AQUACISE

18.00 - 18.45 Sports Hall
GROUP POWER

19.00 - 19.45 Sports Hall
SPIN

Tuesday 22nd December

09.30 - 10.15 Sports Hall
SPIN

10.30 - 11.00 Sports Hall
ZUMBA

11.15 - 12.15 Sports Hall
TAI CHI

18.00 - 19.00 Sports Hall
YOGA

Wednesday 23rd December

09.30 - 10.15 Sports Hall
SPIN

10.30 - 11.30 Sports Hall
YOGA

18.00 - 18.45 Sports Hall
LBT

19.00 - 19.45 Sports Hall
ZUMBA

Thursday 24th December

10.00 - 10.45 Sports Hall
TRIPLE TREAT

11.00 - 11.45 Sports Hall
LBT

Christmas Day CLOSED

Boxing Day CLOSED

Monday 28th December

10.15 - 11.00 Sports Hall
AEROBICS

11.15 - 12.00 Sports Hall
LBT

Tuesday 29th December

09.30 - 10.15 Sports Hall
SPIN

10.30 - 11.00 Sports Hall
ZUMBA

11.15 - 12.15 Sports Hall
TAI CHI

18.00 - 19.00 Sports Hall
PILATES

Wednesday 30th December

09.30 - 10.15 Sports Hall
SPIN

10.30 - 11.30 Sports Hall
PILATES

18.00 - 18.45 Sports Hall
LBT

19.00 - 19.45 Sports Hall
ZUMBA

Thursday 31st December

10.00 - 10.45 Sports Hall
TRIPLE TREAT

11.00 - 11.45 Sports Hall
LBT

New Years Day CLOSED

Saturday 2nd January

08.45 - 09.30 Sports Hall
SPIN



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