

Volair Huyton | Christmas Group Fitness Timetable

Monday 21st December

09.30 - 10.00	Studio
GROUP FIGHT	
10.00 - 10.45	Spin Studio
SPIN	
10.15 - 11.00	Studio
GROUP POWER	
11.15 - 12.00	Studio
LOW AEROBICS	
17.30 - 18.00	Studio
LBT	
17.30 - 18.15	Spin Studio
SPIN	
18.15 - 19.00	Studio
HIIT	
18.45 - 19.30	Spin Studio
SPIN	

Tuesday 22nd December

09.15 - 10.00	Spin Studio
SPIN	
09.30 - 10.15	Studio
LBT	
10.30 - 11.15	Studio
PILATES	
11.30 - 12.15	Studio
LOW AEROBICS	
17.30 - 18.15	Studio
TRIPLE TREAT	
18.30 - 19.00	Studio
LBT	
19.15 - 20.00	Spin Studio
SPIN	

Wednesday 23rd December

09.15 - 10.00	Studio
ZUMBA	
10.15 - 11.00	Studio
LBT	
11.15 - 12.15	Studio
TAI CHI	
12.30 - 13.30	Studio
TAI CHI	
12.30 - 13.15	Pool
AQUACISE	
17.15 - 17.45	Studio
LBT	
18.00 - 18.45	Studio
PILATES	
18.00 - 18.45	Spin Studio
SPIN	
19.00 - 19.45	Studio
CIRCUIT	

Thursday 24th December

09.30 - 10.15	Spin Studio
SPIN	
10.30 - 11.15	Studio
LOW CIRCUIT	

Christmas Day CLOSED

Boxing Day CLOSED

Sunday 27th December

09.15 - 10.00	Spin Studio
SPIN	
10.30 - 11.15	Spin Studio
SPIN	

Monday 28th December

10.00 - 10.45	Studio
GROUP FIGHT	
10.00 - 10.45	Spin Studio
SPIN	
11.00 - 11.30	Studio
GROUP POWER	
11.45 - 12.30	Studio
LOW AEROBICS	

Tuesday 29th December

09.15 - 10.00	Spin Studio
SPIN	
10.05 - 10.45	Studio
LBT	
11.00 - 11.45	Studio
LOW CIRCUIT	
17.30 - 18.15	Studio
TRIPLE TREAT	
18.30 - 19.00	Studio
LBT	
19.15 - 20.00	Spin Studio
SPIN	

Wednesday 30th December

09.15 - 10.00	Studio
ZUMBA	
10.15 - 11.00	Studio
LBT	
11.15 - 12.15	Studio
TAI CHI	
12.30 - 13.30	Studio
TAI CHI	
17.15 - 17.45	Studio
LBT	
18.00 - 18.45	SPIN STUDIO
SPIN	
18.00 - 18.45	Studio
BOOTCAMP	
19.00 - 19.45	Studio
CIRCUIT	

Thursday 31st December

09.30 - 10.00	Studio
CORE	
10.15 - 11.00	Studio
LOW CIRCUIT	

New Years Day CLOSED

Saturday 2nd January

09.15 - 10.00	Spin Studio
SPIN	
10.15 - 11.00	Studio
CIRCUIT	
11.05 - 11.35	Spin Studio
SPIN	
11.30 - 12.30	Studio
TAI CHI	

Sunday 3rd January

09.15 - 10.00	Spin Studio
SPIN	
10.30 - 11.15	Spin Studio
SPIN	
11.30 - 12.30	Studio
YOGA	



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