

Volair Kirkby | Christmas Group Fitness Timetable

Monday 21st December

09.30 - 10.00 AB30	Studio
10.15 - 10.45 CORE	Studio
11.00 - 11.45 LOW CIRCUIT	Studio
17.30 - 18.00 LBT	Studio
18.15 - 19.15 CIRCUIT	Studio

Tuesday 22nd December

09.30 - 10.15 TRIPLE TREAT	Studio
10.30 - 11.30 YOGA	Studio
17.30 - 18.00 STEP	Studio
18.15 - 19.00 LBT	Studio
19.15 - 20.00 SPIN STUDIO	Spin Studio

Wednesday 23rd December

09.15 - 10.00 HIIT	Studio
10.15 - 11.00 LOW AEROBICS	Studio
12.00 - 12.45 AQUACISE	Pool
17.45 - 18.30 HIIT v CORE	Studio
19.00 - 20.00 YOGA	Studio

Thursday 24th December

09.30 - 10.15 SPIN	Studio
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Christmas Day CLOSED

Boxing Day CLOSED

Sunday 27th December

10.00 - 10.45 SPIN	Studio
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Monday 28th December

10.00 - 10.30 AB30	Studio
10.45 - 11.15 CORE	Studio
11.30 - 12.15 LOW CIRCUIT	Studio

Tuesday 29th December

09.30 - 10.15 TRIPLE TREAT	Studio
17.30 - 18.00 STEP	Studio
18.15 - 19.00 LBT	Studio
19.15 - 20.00 SPIN STUDIO	Spin Studio

Wednesday 30th December

09.15 - 10.00 SPIN	Studio
10.15 - 11.00 LOW AEROBICS	Studio
17.30 - 18.00 HIIT	Studio
18.30 - 19.15 SPIN	Studio

Thursday 31st December

09.30 - 10.15 SPIN	Studio
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New Years Day CLOSED

Saturday 2nd January

09.30 - 10.30 S & C CIRCUIT	Studio
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Sunday 3rd January

10.00 - 10.45 SPIN	Studio
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