

# Volair Stockbridge | Christmas Group Fitness Timetable

## Monday 21st December

09.30 - 10.15	Studio
TRIPLE TREAT	
10.30 - 11.15	Studio
LOW CIRCUIT	
18.00 - 18.45	Studio
SPIN	
19.00 - 19.45	Studio
AEROBICS	
19.00 - 19.45	Pool
AQUACISE	

## Tuesday 22nd December

09.30 - 10.15	Studio
CIRCUIT	
10.30 - 11.15	Studio
SPIN	
12.15 - 13.00	Pool
AQUACISE	
18.00 - 18.45	Studio
SPIN	
19.00 - 19.45	Studio
LBT	

## Wednesday 23rd December

09.30 - 10.15	Studio
SPIN	
10.30 - 11.15	Studio
TRIPLE TREAT	
18.00 - 18.45	Studio
METAFIT	
19.00 - 19.30	Studio
CORE	

## Thursday 24th December

09.30 - 10.15	Studio
LBT	
10.30 - 11.15	Studio
ZUMBA	

## Christmas Day CLOSED

## Boxing Day CLOSED

## Monday 28th December

10.15 - 11.00	Studio
TRIPLE TREAT	
11.15 - 12.00	Studio
LOW CIRCUIT	

## Tuesday 29th December

09.30 - 10.15	Studio
CIRCUIT	
10.30 - 11.15	Studio
SPIN	
18.00 - 18.45	Studio
SPIN	
19.00 - 19.45	Studio
LBT	

## Wednesday 30th December

09.30 - 10.15	Studio
SPIN	
10.30 - 11.15	Studio
TRIPLE TREAT	
18.00 - 18.45	Studio
METAFIT	
19.00 - 19.30	Studio
CORE	

## Thursday 31st December

09.30 - 10.15	Studio
LBT	
10.30 - 11.15	Studio
ZUMBA	

## New Years Day CLOSED



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