

# Christmas group fitness timetable

## East Coast Bays Leisure Centre

	Monday 23 December 2019		Tuesday 24 December 2019		Wed 25 / Thurs 26 December
6am	STUDIO: BODYPUMP®	6am	STUDIO: RPM®		NO CLASSES (CENTRE CLOSED)
9.15am	STUDIO: BODYATTACK®	7am	STUDIO: RPM®		
10.15am	STUDIO: BODYPUMP®	9.15am	STUDIO: BODYSTEP® 45		
11.15am	STADIUM: STRETCH N FLEX	10.15am	STUDIO: BODYBALANCE		
5pm	STUDIO: CIRCUIT				
6.15pm	STUDIO: BODYATTACK®				
7.15PM	STUDIO: BODYPUMP®				

	Friday 27 December 2019		Saturday 28 December 2019		Sunday 29 December 2019
9.15am	STUDIO: BODYATTACK®	8am	STADIUM: RPM®		NO CLASSES (CENTRE CLOSED)
10.15am	STUDIO: BODYPUMP®	8.15am	STUDIO: BODYPUMP®		
		9.15am	STUDIO: BODYSTEP® 45		
		10am	STUDIO: CXWORX™		
		10.30am	STUDIO: BODYBALANCE®		

	Monday 30 December 2019		Tuesday 31 December 2019		Wed 1 / Thurs 2 January 2020
9.15am	STUDIO: BODYATTACK®	8am	STUDIO: RPM®		NO CLASSES (CENTRE CLOSED)
10.15am	STUDIO: BODYPUMP®	9.15am	STUDIO: BODYSTEP® 45		
		10.15am	STUDIO: CXWORX™		

	Friday 3 January 2020		Saturday 4 January 2020		Sunday 5 January 2020
9.15am	STUDIO: BODYATTACK®	8am	STADIUM: RPM®		NO CLASSES (CENTRE CLOSED)
10.15am	STUDIO: BODYPUMP®	8.15am	STUDIO: BODYPUMP®		
		9.15am	STUDIO: BODYSTEP® 45		
		10am	STUDIO: CXWORX™		
		10.30am	STUDIO: BODYBALANCE®		

- **NO CLASSES** Wednesday 25 and Thursday 26 December 2019  
Wednesday 1 and Thursday 2 January 2020
- **NORMAL TIMETABLE** resumes Monday 6 January 2020