

# Holiday group fitness timetable

## Stanmore Bay Pool and Leisure Centre

Thursday 24 December	
5.45am	RPM®
9.15am	IYENGAR YOGA
9.15am	RPM®
9.15am	BOOTCAMP
10.30am	BODYBALANCE®
AQUA	
9.15am	AQUA RUN

Sunday 27 December	
8.15am	BODYPUMP®
9.45am	BODYBALANCE®
11.00am	YIN YOGA
AQUA	

Monday 28 December	
9.15am	LES MILLS TONE™
9.15am	RPM®
10.15am	BODYPUMP®
10.15am	YIN YOGA
AQUA	
9.15am	AQUA SHALLOW

Tuesday 29 December	
9.15am	BODYCOMBAT®
9.15am	YIN YOGA
10.15am	BODYBALANCE®
AQUA	
8.30am	AQUA SHALLOW

Wednesday 30 December	
9.15am	BODYPUMP®
9.15am	RPM®
10.15am	LES MILLS TONE™
11.15am	IYENGAR YOGA
AQUA	
8.30am	AQUA SHALLOW

Thursday 31 December	
9.15am	RPM®
9.15am	IYENGAR YOGA
10.30am	BODYBALANCE®
AQUA	
9.15am	AQUA RUN

Saturday 2 January 2021	
8.30am	RPM®
8.45am	BODYSTEP®
9.00am	BEACH YOGA
9.15am	BODYPUMP®
10.15am	BODYBALANCE®
AQUA	

Sunday 3 January	
8.15am	BODYPUMP®
9.45am	BODYBALANCE®
11.00am	YIN YOGA
AQUA	

Monday 4 January	
9.15am	RPM®
9.15am	LES MILLS TONE™
10.15am	BODYPUMP®
10.15am	YIN YOGA
AQUA	
9.15am	AQUA SHALLOW

CLASS	LAST CLASS FOR 2020	FIRST CLASS FOR 2021
Gentle Fit	Wednesday 23 December	Wednesday 13 January
Never 2 Old	Wednesday 23 December	Monday 11 January
Green Prescription	Wednesday 9 December	Wednesday 27 January
Super Circuit	Wednesday 23 December	Wednesday 6 January
Bootcamp	Thursday 24 December	Thursday 14 January

NO Classes on Friday 25 December 2020 (Christmas Day), Saturday 26 December (Boxing Day) and Friday 1 January 2021 (New Year's Day).

Normal hours and classes resume Tuesday 5 January 2021.