

Christmas & New Year 2025

Opening Hours & Class Schedule

*We would like to wish all our members
& visitors a very Merry Christmas
& a Happy New Year!*



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Wed 24th Dec - 08.00-16.00 09.00-09.30 Core with Jo 09.30-10.00 Spin with Kim 09.45-10.30 Pump with Jo 10.30-11.15 Pilates with Steffi ELFY FUN RUN - 10.00 FOR 10.15 START	Thu 25th Dec - Closed No classes
Fri 26th Dec - Closed No classes	Sat 27th Dec - 08.00-16.00 09.00-09.45 Spin with Kim 09.45-10.30 Dance Fit with Rosie 10.30-11.15 LBT with Anthea
Sun 28th Dec - 08.00-16.00 09.30-10.00 Spin with Alex 10.15-10.45 Core with Alex	Mon 29th Dec - 08.00-20.00 09.30-10.00 Spin with Sam 10.15-11.00 Dance Fit with Connie 11.00-11.45 Pilates with Debbie 17.45-18.30 Dance Fit with Tabby 18.00-18.30 Core with Kim 18.30-19.15 Spin with Kim 18.30-19.15 Pilates with Tabby
Tue 30th Dec - 08.00-20.00 09.00-09.30 Spin with Elaine 09.30-10.15 TBW with Elaine 09.45-10.30 Dance Fit with Tabby 17.45-18.30 Pilates with Anthea 18.00-18.30 Kettlebells with Calum 18.30-19.00 Spin with Calum 18.30-19.15 Strong with Lisa	Wed 31st Dec - 08.00-16.00 09.00-09.30 Core with Jo 09.30-10.00 Spin with Kim 09.45-10.30 Pump with Jo 10.30-11.15 Pilates with Elaine
Thu 1st Jan - Closed No classes	Fri 2nd Jan - 06.00-21.00 Classes back to usual