DRLC - Christmas and New Year's Group Fitness HOLIDAY TIMETABLE (2020/21)

DRLC Des Renford Leisure Centre

		Fri 24	Sat 25	Sun 26	Mon 27	Tues 28	Wed 29	Thurs 30	Fri 31	Sat 1	Sun 2	Mon 3	Tues 4	Wed 5	Thurs 6	Fri 7	Sat 8	Sun 9	Mon 10
	Opening hours	5:30am - 6pm		8am - 5pm	8am - 5pm	8am - 5pm	5:30am - 10pm	5:30am - 10pm	5:30am - 6pm	8am - 5pm	8am - 5pm	7am - 6pm	5:30am - 10pm	5:30am - 10pm	5:30am - 10pm	5:30am - 8:30pm	7am - 6pm	7am - 6pm	5:30am - 10pm
Group Fitness Studio	6:00am	HIIT45	Christmas Day - CLOSED	NO CLASSES	NO CLASSES	NO CLASSES				NO CLASSES		NO CLASSES	HIIT45	A.B.T	HIIT45	A.B.T			New Summer 2022 Timetable Commences
	6:30am						A.B.T	HIIT45	YOGA										
	7:00am																		
	7:30am	Stronger4Life CHALLENGE											Stronger4Life MOBILITY	Stronger4Life CHALLENGE	PILATES	Stronger4Life CHALLENGE			
	8:00am						S4L - FLOOR		S4L - FLOOR		HIIT45								
	9:00am	LesMILLS BODYPUMP					HIIT45							HIIT45		HIIT45	LesMILLS BODYATTACK	LesMILLS BODYPUMP	
	9:30am							LesMILLS BODYPUMP	HIIT45				A.B.T		LesMILLS BODYPUMP				
	10:00am	ZUMBA															LesMILLS BODYPUMP		
	11:00am																ZUMBA	PILATES	
	12:00pm	PILATES					PILATES	YOGA	PILATES		PILATES		YOGA	PILATES	YOGA	PILATES			
	4:00pm																PILATES	YOGA	
	5:00pm																		
	6:00pm						CYCLE45	A.B.T					HIIT45	YOGA	CYCLE45				
	7:00pm																		
Comp. Pool	8:00am		CLOSED	NO CLASSES	NO CLASSES	NO CLASSES		AQUA AEROBICS		NO CLASSES		NO CLASSES		AQUA AEROBICS		AQUA AEROBICS			
	6:45pm																		