

Christmas Trading Hours & Classes

KIDSCARE XMAS TRADING HOURS

Our Kidscare Team will be taking a
WELL EARNED
break over the Christmas Period.

Therefore, please note that ;

**KIDSCARE WILL BE CLOSED
FROM;**

SATURDAY DEC 23TH 2023

AND WILL REOPEN ON;

SATURDAY JAN 6TH 2024

**Thank you all
for your support
and we wish you all
a wonderful & blessed
Merry Christmas
Suzy, Teresa, Enza & Visnja**

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Christmas Trading Hours & Classes

Sunday 24th December - CLOSED XMAS DAY

Monday 25th December - CLOSED XMAS DAY

Tuesday 26th December - CLOSED BOXING DAY

Wednesday 27th December SPLIT DAY

OPEN - 6am - 11.45am OPEN 4.30pm - 7.30pm

6.15am - **TeamFIT** ~ with Leisa

9.30am - **RPM** ~ with Grant

10.30am - **BODY PUMP** ~ with Mandy

6.00pm - **RPM** ~ with Enza

Thursday 28th December SPLIT DAY

OPEN - 6am - 11.45am OPEN 4.30pm - 7.30pm

9.30am - **CARDIO BLAST** ~ with Mandy

10.30am - **BODY BALANCE** ~ with Nancy

6.00pm - **TeamFIT** ~ with Leisa

7.00pm - **YOGA** ~ with Leisa

Friday 29th December SPLIT DAY

OPEN - 6am - 11.45am OPEN 4.30pm - 7.30pm

6.05am - **TeamFIT** ~ with Jade

9.30am - **BODYPUMP** ~ with Nancy

6.00pm - **RPM** ~ with Jade

Saturday 30th Dec OPEN - 8am - 12pm

8.30am - **TeamFIT** ~ with Jade

8.05am - **RPM** ~ with enza

9.00am - **BODY ATTACK** ~ with Mandy

10.00am - **BODY PUMP** ~ with Mandy

Sunday 31st Dec - NYE CLOSED

Monday 1st Jan - NEW YEARS DAY CLOSED



Christmas Trading Hours & Classes

Tuesday 2nd January **SPLIT DAY**

OPEN - 6am - 11.45am OPEN 4.30pm - 8pm

9.30am - **RPM** ~ with enza

10.30am - **YOGA** ~ with Crystal

6.00pm - **TeamFIT** ~ with Vanessa

7.00pm - **BODY BALANCE** ~ with Nancy

Wednesday 3rd January - **SPLIT DAY**

OPEN - 6am - 11.45am OPEN 4.30pm - 8pm

6.15am - **TeamFIT** ~ with Leisa

9.30am - **RPM** ~ with Grant

10.30am - **BODYPUMP** ~ with Mandy

6.00pm - **RPM** ~ with Enza

Thursday 4th January - **SPLIT DAY**

OPEN - 6am - 11.45am OPEN 4.30pm - 8pm

9.30am - **BODY ATTACK** ~ with Elle

10.30am - **BODY BALANCE** ~ with Nancy

6.00pm - **TeamFIT** ~ with Leisa

7.00pm - **Yoga** ~ with Leisa

Friday 5th January - **SPLIT DAY**

OPEN - 6am - 11.45am OPEN 4.30pm - 8pm

6.15am - **TeamFIT** ~ with Jade

9.30am - **BODY PUMP** ~ with Nancy

6.00pm - **RPM** ~ with Jade

SATURDAY 6TH JANUARY

KIDSCARE BACK OPEN

BACK TO NORMAL TRADING & CLASSES



#LoveMyGym



Christmas Trading Hours & Classes

**STRENGTH FOR LIFE
ACTIVE FOREVER
BETTER BALANCE BETTER LIFE**

**LAST CLASS FOR 2023 WILL BE
THURSDAY 21st December**

8.00am - **STRENGTH FOR LIFE**

11.30am - **ACTIVE FOREVER**

12.30am - **ACTIVE FOREVER**

**THEN NO CLASSES FROM;
FRIDAY DECEMBER 22nd
AND CLASSES BACK ON;
MONDAY JANUARY 8th**

**MONDAY 8th January 20234
BACK TO NORMAL**