

Christmas and New Year - Opening Hours

| Christmas | | Classes | |
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| Christmas Eve, Sunday 24 th December | 9am-4pm | 9:30-10:15 | <i>*Christmas Spin *</i> |
| Christmas Day, Monday 25 th December | CLOSED | | |
| Boxing Day, Tuesday 26 th December | CLOSED | | |
| Wednesday 27 th December | 6.30am-10pm | 9.30-10.15 Spinning 10.00-11.00 Pilates 12.30-13.00 Lunchtime Circuits 18.00-18.45 Spinning 19.00-20.00 Christmas HIIT with George | |
| Thursday 28 th December | 6.30am-10pm | 9.30-10.15 Fresh Air Circuits 12.30-13.00 Lunchtime Circuits 19.00-19.45 Fresh Air Bootcamp | |
| Friday 29 th December | 6:30am-10pm | Regular timetable | |
| Saturday 30 th December | 8am-6pm | Regular timetable | |
| New Year | | | |
| New Year's Eve, Sunday 31 st December | 9am-5pm | 9:30-10:15 10.00-11.00 | Spinning Yoga |
| New Year's Day, Monday 1 st January | CLOSED | | |
| Tuesday 2 nd January | 6.30am-10pm | Regular Timetable | |

From Tuesday 2nd January please refer to our regular timetable for Opening Hours and Classes



*Fresh Sports Centre is closed from
Sunday 24th December to Monday 1st January, inclusive.
Fresh Sports Centre Members and PYG guests are invited to use
Fresh Gym, Govett Avenue, during this time.*

*Please remember to book your classes. Members can book the day before
or via the Members App online and PYG guests can book on the day.*

To book, please call Fresh Reception on 01932 225 953