

Christmas and New Year 2019/20 - Opening Hours

*Please note the amended Club opening hours and classes
 during Christmas and the New Year*

**The Sports Centre will be closed from
 Monday 23rd December and re-open on Saturday 4th January**
*Sports Centre Members are welcome to use Fresh Gym during this time.
 Please remember to book your class place to avoid disappointment.*

Christmas		Classes	
Christmas Eve, Tuesday 24 th December	6.30am-4pm	9:30-10:15 10:30-11:00 11:00-12:00 12:30-13:00	*Christmas Circuits* Beginner Spin Yoga Lunch Time Circuit
Christmas Day, Wednesday 25 th December	CLOSED		
Boxing Day, Thursday 26 th December	CLOSED		
Friday 27 th December	6.30am-10pm	9:15-10:00 10:15-11:00 11:15-12:00 12:30-13:00	Freestyle Friday Spin Pilates Lunch Time Circuit
Saturday 28 th December	8am-6pm	9:30-10:15 9:45-10:30 10:00-10:45	Spin T45 Fresh Air Circuits
Sunday 29 th December	9am-7pm	9:30-10:15 10:00-11:00	Spin Yoga
Monday 30 th December	6.30am-10pm	9:00-9:45 10:10-11:10 12:30-13:00 18:00-18:45 19:30-20:15	Spin Pilates Lunch Time Circuits Spin Spin
New Year's Eve			
New Year's Eve, Tuesday 31 st December	6.30am-6pm	9:30-10:15 11:00-12:00 12:30-13:00	Fresh Air Circuits Yoga Lunch Time Circuit
New Year's Day, Wednesday 1 st January	CLOSED		
Thursday 2 nd January	6.30am-10pm		Usual Timetable

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

To book, please call Fresh Reception on 01932 225 953