



FESTIVE GROUP EXERCISE

27.12.24 - 30.12.24

27.12.24

Strength & Tone 9:15am

Group Cycling 9.15am

Strength & Mobility 10.30am

Omnia 10:30am

Gentle Circuits 11:45am

28.12.24

Bar & Bell 9:30am

MyRide 10:00am

Gentle Circuits 10:45am

29.12.24

Kettlebells 9:30am

MyRide 10:00am

30.12.24

Les Mills BodyPump 9:00am

MyRide 10:00am

Strength & Tone 10:15am