

Group Exercise Christmas Timetable

Monday 18th December 2017 - Monday 1st January 2018
at Coventry Sports and Leisure Centre



Date	Times
Monday 18 th December	The following classes will not be running: 12.30pm Pilates
Tuesday 19 th December	The following classes will not be running: 10.30am Line Dancing • 12.30pm Yoga 2.00pm Tai Chi • 5.00pm Circuit
Wednesday 20 th December	The following classes will not be running: 10.00am Spin • 10.30am Prime Time 11.30am Line Dancing • 11.30am Body Pump 12.30pm Smooth Spin • 12.45pm Yoga 5.30pm Legs Bums and Tums • 7.00pm Box Fit
Thursday 21 st December	The following classes will not be running: 10.00am Spin • 12.30pm Pilates 1.30pm Tai Chi • 7.00pm Matrix Circuit
Friday 22 nd December	The following classes will not be running: 10.00am Indoor Cycling • 10.30am Prime Time 2.00pm Sequence Dancing • 5.30pm Indoor Cycling
Saturday 23 rd December	The following classes will not be running: 10.00am Indoor Cycling
Christmas Eve (Sunday 24 th December)	The following classes will not be running: 11.30am Box Fit
Christmas Day & Boxing Day (Monday 25 th & Tuesday 26 th December)	Closed
Wednesday 27 th December	The following classes listed will be running: 10.00am Zumba (St 2 - Roxana) 11.15am Zumba Strength (St 2 - Roxana) 12.00pm Spin (Liz)
Thursday 28 th December	The following classes listed will be running: 10.00am Zumba (St 2 Roxana) 10.30am - 12.00pm Xmas Chill Out Yoga (St 4 - Faye) 11.15am Zumba Strength (St 2 - Roxanna) 12.00pm Spin (Claudia)
Friday 29 th December	The following classes listed will be running: 10.30am Zumba (45 mins - Claudia) 11.30am Body Pump (Claudia) • 12.30pm Spin (Claudia)
Saturday 30 th December	The following classes listed will be running: 9.30am BTT (Sophia) • 10.30am Zumba (Sophia)
New Years Eve (Sunday 31 st December)	No Classes
New Years Day (Monday 1 st January)	Closed
Monday 2 nd January - Open As Normal - New Classes timetable starts	