

# Group Exercise Christmas Timetable

Monday 17th December 2018 - Sunday 6th January 2019  
at Moat House Leisure & Neighbourhood Centre

Monday 17th December 2018		
9.30am	Vibe Power	●
10.00am	Tai Chi (Beginners)	●
5.30pm	Core Fit (30 mins)	●
6.00pm	Burns, Legs & Tums	●
7.00pm	Indoor Cycling (45 mins)	●
7.00pm	Yoga	●

Tuesday 18th December 2018		
9.30am	Indoor Cycling (45 mins)	●
5.30pm	Pilates	●
6.00pm	Boxercise	●

Wednesday 19th December 2018		
9.30am	Pilates	●
6.00pm	Circuits Training	●
6.00pm	Yoga	●
7.00pm	Indoor Cycling (45 mins)	●

Thursday 20th December 2018		
5.00pm	20/20/20 Total Fitness	●
6.00pm	Pilates	●
7.00pm	Matrix Circuits	●

Friday 21st December 2018		
9.00am	Fitball	●
5.00pm	Running Club	●
5.30pm	Core Fit (30 mins)	●
6.00pm	Boxercise	●

Saturday 22nd December 2018		
10.00am	Boxing Fitness & Training (1.5 hrs)	●

**Sunday 23rd December 2018 to  
Wednesday 2nd January 2019  
(NO CLASSES)**

Thursday 3rd January 2019		
9.30am	Trim & Tone	●
5.00pm	20/20/20 Total Fitness	●
6.00pm	Pilates	●
7.00pm	Matrix Circuits	●

Friday 4th January 2019		
9.00am	Fitball	●
5.30pm	Core Fit (30 mins)	●
6.00pm	Boxercise	●

Saturday 5th January 2019		
10.00am	Boxing Fitness & Training (1.5 hrs)	●

Sunday 6th January 2019		
10.00am	Kettlebells (45 mins)	●
11.00am	HIIT Workout	●

**NEW Revised Class timetable starts  
from Monday 7th January 2019.**

Key			
●	Studio	●	Classroom
●	Sports Hall	●	Outdoors