

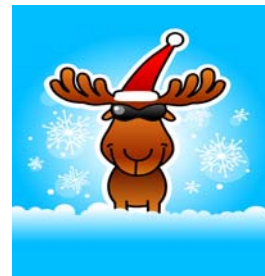
CLASS TIMETABLE FOR CHRISTMAS & NEW YEAR 2009/10

	MORNING	LUNCHTIME	
MONDAY 21 ST DEC	SPIN 6.15AM	SPIN 12.10PM	CIRCUIT 12.10PM
TUESDAY 22 ND DEC	SPIN 6.15AM	CARDIO EXTREME 12.10PM	
WEDNESDAY 23 RD DEC		SPIN 12.10PM	
THURSDAY 24 TH DEC	XMAS EVE SPIN 6.15AM		

FRIDAY 25 TH DEC TO FRIDAY 8 TH JAN 2010	NO CLASSES		
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MONDAY 11 TH JAN 2010	SPIN 6.15AM	SPIN 12.10PM	CIRCUIT 12.10PM
TUESDAY 12 TH JAN 2010	SPIN 6.15AM		
WEDNESDAY 13 TH JAN 2010		SPIN 12.10PM	
THURSDAY 14 TH JAN 2010	SPIN 6.15AM	SWISS BALL 12.10PM	
FRIDAY 15 TH JAN 2010	LIVE LONG 9.30AM	SPIN 12.10PM	CIRCUIT 12.10PM

NORMAL CLASSES RESUME MONDAY 18TH JANUARY 2010



PLEASE NOTE THERE WILL BE NO PUMP CLASSES ON THE FOLLOWING DATES:
17/12/09, 21/1/10, 28/1/10 & 4/2/10