

# For One Day Only

## CLASS TIMETABLE CHANGES FOR SATURDAY 6TH JANUARY

TIME	CLASS	DURATION	LOCATION
09:30	Gravity Pilates	40 mins	G
10:00*	BodyAttack**	60 mins	LMS
10:15*	RPM	45 mins	Cycle
10:15	Fitness By Light	40 mins	FBL
11:05	BoxFit	45 mins	Box
11:10*	BodyPump	60 mins	LMS
12:15*	CXWORX	30 mins	LMS
12:50*	BodyBalance	60 mins	MBS
16:10	RPM	45 mins	Cycle
17:00	GRIT	30 mins	LMS
17:35	CXWORX	30 mins	LMS

\*Please note changes to times for these classes.

\*\* This class will be taught by Les Mills UK & Ireland presenter, Adam Burke.

These changes are for staff training and for Saturday 6th January only.  
 We thank you for your understanding and patience as we strive to  
 make our instructors even better.

Rory O'Connor - Studio Co-ordinator

