

Festive Timetable

ENJOY THE SEASON WITH
OUR CLASSES

FRI 26TH DEC

10:15 LM TRIP VIRTUAL 45MIN
10:30 POST FEAST FLEX LUKE 45MIN
11:30 RECOVERY STRETCH LUKE 45MIN
17:00 GIGMAS STRENGTH LUKE 45MIN

TUE 16TH DEC

14:00 SANTA FUN RUN ELISE 60MIN

MON 22ND DEC

09:00 XMAS AQUA OKE KAT 45MIN
10:15 BODY PUMP KAT 45MIN
10:30 LM RPM VIRTUAL 50MIN
12:30 LM TRIP VIRTUAL 45MIN
12:30 BAUBLEY BARRE KAT 45MIN
17:30 MJ'S XMAS MURPH MILLIE 90MIN

SAT 27TH DEC

07:10 LM RPM VIRTUAL 50MIN
09:00 BODY COMBAT CHARLIE 45MIN
10:00 LETS ABBA DANCE CHARLIE 45MIN
15:30 CHRISTMAS CALI CAM 45MIN
16:30 FUNC-STRENGTH CAM 45MIN
17.30 LM TRIP VIRTUAL 45MIN
17:30 STRETCH CAM 45MIN

WED 31ST DEC

10:30 NYTEAM WORKOUT LAUREN 90MIN
12:30 BODY BALANCE ELISE 45MIN
13:00 LM RPM VIRTUAL 45MIN
17:00 LAST LAP SPIN LAUREL 45MIN

TUE 23RD DEC

08:00 LM SPRINT VIRTUAL 45MIN
09:30 FESTIVE SPIN LAUREL 45MIN
11:00 LM XMAS MASH TEAM 90MIN
13:00 LADIES LIFT LAUREL 45MIN
16:00 ENDURANCE LAUREN 90MIN
18:00 PLATE-LITMAS MILLIE 45MIN
19:00 SPIN MILLIE 45MIN

SUN 28TH DEC

07:45 LM SPRINT VIRTUAL 30MIN
09:30 GIG STRONG LUKE 45MIN
10:30 LADIES LIFT LUKE 45MIN
16:00 SPIN LAUREL 45MIN
17:30 FUNC- STRENGTH LAUREL 45MIN
18:30 LM TRIP VIRTUAL 45MIN

THU 1ST JAN

10:30 SPIN IN THE YEAR ELISE 45MIN
11:30 NY BALANCE ELISE 45MIN
14:15 LM TRIP VIRTUAL 45MIN
17:00 POST PARTY PUMP LAUREL 45MIN

FRI 2ND JAN

11:00 HYBRID LAUREL 45MIN
12:00 AQUA BLAST KAT 30MIN
17:30 HIIT THE NEWYEAR LUKE 90MIN
18:30 STRETCH AND RELAX LUKE 45MIN

WED 24TH DEC

09:30 GIGMAS STRENGTH KAT 60MIN
11:30 LM RPM VIRTUAL 45MIN
16:00 SANDC TEAM TRIAL MILLIE 90MIN

MON 29TH DEC

09:00 HYBRID ELISE 45MIN
09:15 AQUA FIT KAT 45MIN
10:30 SPIN LAUREN 45MIN
12:15 LM TRIP VIRTUAL 45MIN
12:30 BAUBLEY BARRE KAT 45MIN
13:30 PLATE-LIT ELISE 30MIN
17:00 LATIN DANCE PARTY MILLIE 90MIN

SAT 3RD JAN

07:10 LM RPM VIRTUAL 50MIN
09:00 BODY COMBAT CHARLIE 45MIN
10:30 GYMNASTICS CHARLIE 45MIN
15:30 CALISTHENICS CAM 45MIN
16:30 FUNC-STRENGTH CAM 45MIN
17.30 LM TRIP VIRTUAL 45MIN
17:30 STRETCH CAM 45MIN

THU 25TH DEC

10AM CHRISTMAS DAY
SEA SWIM!

TUE 30TH DEC

07:00 LM TRIP VIRTUAL 45MIN
08:00 LM SPRINT VIRTUAL 30MIN
09:15 HYBRID TRAINING LAUREL 45MIN
10:30 BODY PUMP LAUREL 45MIN
11:30 BODYBALANCE KAT 45MIN
12:00 THE LAST BLAST CHARLIE 45MIN
13:00 LADIES LIFT LAUREL 45MIN
17:00 MJ'S MURPH II MILLIE 90MIN

SUN 4TH JAN

07:45 LM SPRINT VIRTUAL 30MIN
09:30 GIG STRONG LUKE 45MIN
10:30 LADIES LIFT LUKE 45MIN
16:00 SPIN ELISE 45MIN
17:30 FUNC- STRENGTH ELISE 45MIN
17:30 LM TRIP VIRTUAL 45MIN
18:30 BODY BALANCE ELISE 45MIN

FOLLOWED BY MINCE PIES
AND
HOT CHOCOLATES!