



XMAS CLASSES HAMPTON 2018/2019



SUNDAY 23rd DECEMBER 8am-12 noon

8.30am heated yoga
8.45am Spin Andrew
9am Reformer Elaine
9.30am Yoga Fiona
9.30am Spin Andrew
10am Reformer Mandee
10.30am Fit55 Andrew - TrainRec
10.30am Zumba Stephanie

MONDAY 24th December 8am-12 noon- Christmas Eve

8.30AM Body Pump Viv
8.30am Mat Pilates Tina
8.45am Spin Andrew
9.15am Mat Pilates Tina
9.30am Reformer Bridget
9.30am Spin Andrew
9.30am Total Workout Merryl
10.30am Senior Circuit Anna
10.30am Yoga Valerie

TUESDAY 25TH DECEMBER UNSTAFFED – Christmas Day NO CLASSES

WEDNESDAY 26TH DECEMBER 8.00am- 12noon – Boxing Day

8.45am Spin Bridget
9.30am Low Impact Merryl
9.30am Yoga Ellen
9.30am Reformer Bridget
10.30am Reformer Bridget
10.30am Senior Circuit Mark

THURSDAY 27TH DECEMBER 8am -12 noon

8.45am Spin Peta
9.30am Spin Leisa
9.30am Reformer Alice
9.30am Body Pump Caroline
10.30am Senior Circuit Anna
10.30am Reformer Alice

FRIDAY 28TH DECEMBER 8am-12noon

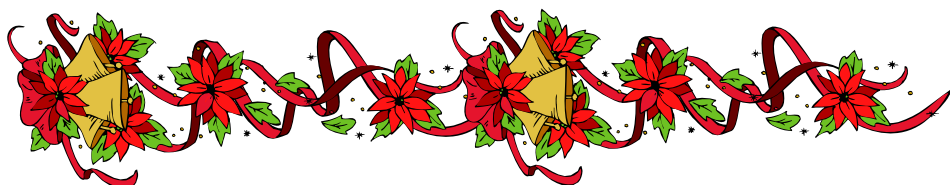
8.30am THT kate
8.30am Reformer Marcela
8.30am Spin Bridget
9.15am spin Bridget
9.30am Fit55 Eloise – TrainRec
9.30am Reformer Caro
10.30am Senior Circuit Anna
10.30am Yoga Larisa

SATURDAY 29TH DECEMBER 8am-12pm

8.30am Heated Yoga Cindy
8.45am BoxFit Mark- TrainRec
8.30am Spin Peta
9am Reformer Larisa
9.30am Body Pump Michael
9.30am Yogalattes Sally
9.30am Spin Caro
10am Reformer Larisa
10.30am Zumba Diana
10.30am Body Pump Michael

SUNDAY 30TH DECEMBER 8am-12pm

8.30am Heated Yoga Juan
8.45am Spin Catherine
9am Reformer Elaine
9.30am Yoga Fiona
9.30am Spin Catherine
10am Reformer Mandee
10.30am Zumba Stephanie
10.30am Fit55 Mark - TrainRec
11am Reformer Mandee



MONDAY 31ST JANUARY 8am-12pm

NEW YEARS EVE

8.30AM Body Pump Viv
8.30am Mat Pilates Tina
8.45am Spin Leisa
9.15am Mat Pilates Tina
9.30am Reformer Bridget
9.30am Spin Leisa
9.30am Total Workout Merryl
10.30am Senior Circuit Anna
10.30am Yoga Valerie

TUESDAY 1ST JANUARY New Years Day – UNSTAFFED

9am Pump Chez
10am Yoga Stephanie

**WEDNESDAY 2ND JANUARY 8am-1.30pm
Public Holiday**

8.45am Spin Caro
9.30am Low Impact Caro
9.30am Yoga Ellen
9.30am Reformer Mandee
10.30am Senior Circuit Peter

THURSDAY 3RD JANUARY 8am-1.30pm

8.45am Spin Peta
9.30am Spin Leisa
9.30am Reformer Alice
9.30am Body Pump Caroline
10.30am Senior Circuit Anna
10.30am Reformer Alice

FRIDAY 4TH JANUARY 8am-1.30pm

8.30am THT kate
8.30am Reformer Marcela
8.30am Spin Bridget
9.15am Spin Bridget
9.30am Reformer
9.30am Fit55 Eloise – TrainRec
10.30am Senior Circuit Anna
10.30am Yoga Larisa

SATURDAY 5TH JANUARY 8am-1.30pm

8.30am Heated Yoga Cindy
8.30am Spin Peta
9am Reformer Larisa
9.30am Body Pump Michael
9.30am Yogalattes Sally
9.30am Spin Caro
10am Reformer Larisa
10.30am Zumba Diana
10.30am Body Pump Michael

SUNDAY 6TH JANUARY 8am-1.30pm

8.30am Heated Yoga Juan
8.45am Spin Catherine
9am Reformer Elaine
9.30am Yoga Fiona
9.30am Spin Catherine
10am Reformer Mandee
10.30am Zumba Stephanie
10.30am Fit55 Mark
11am Reformer Mandee

**MONDAY 7TH JANUARY
NORMAL HOURS & NORMAL CLASSES**

**SATURDAY 26TH
JANUARY AUSTRALIA
DAY 8am-12 noon**

8.30am Heated Yoga Cindy
8.30am spin Peta
8.45am BoxFit Andrew – TrainRec
9am Reformer Larisa
9.30am Body Pump Michael
9.30am Yogalattes Sally
9.30am Spin Caro
10am Reformer Larisa
10.30am Zumba Diana
10.30am Body Pump Michael

