



LES QUENNEVAIS

CHRISTMAS TIMETABLE

DATE	CLASS	INSTRUCTOR	STUDIO	TIME
24/12/2023	Spinning	Sheila	Spin Studio	09:00
24/12/2023	Muscle Pump	Carol	Dance Studio	09:00
24/12/2023	Circuits	Active Instructor	Sports Hall	09:30
24/12/2023	Pilates	Carol	Dance Studio	10:00
24/12/2023	Pilates	Carol	Dance Studio	11:00
27/12/2023	Functional Fitness	Josh	Sports Hall	06:45
27/12/2023	Spinning	Vicky	Spin Studio	09:30
27/12/2023	Express HIIT	Josh	Sports Hall	13:15
27/12/2023	Spinning	Emmi	Spin Studio	18:00
27/12/2023	Vinyasa Yoga	Dana	Dance Studio	19:00



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DATE	CLASS	INSTRUCTOR	STUDIO	TIME
28/12/2023	Spinning	Vicky	Spin Studio	09:30
28/12/2023	Pilates	Carol	Dance Studio	09:45
28/12/2023	Yoga	Henrietta	Dance Studio	10:45
28/12/2023	HIIT Circuit	Robin	Sports Hall	17:30
28/12/2023	Body Conditioning	Sam L	Dance Studio	18:05
29/12/2023	Functional Fitness	Josh	Sports Hall	06:45
29/12/2023	Spinning	Vicky	Spin Studio	09:30
29/12/2023	Body Sculpt	Caroline	Sports Hall	09:30
29/12/2023	Pilates	Caroline	Dance Studio	10:30
29/12/2023	Express HIIT	Josh	Sports Hall	13:15
29/12/2023	Spinning	Sheila	Spin Studio	17:45



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DATE	CLASS	INSTRUCTOR	STUDIO	TIME
30/12/2023	Boxfit	Josh	Dance Studio	08:15
30/12/2023	Body Sculpt	Caroline	Dance Studio	09:30
30/12/2023	Spinning	Emmi	Spin Studio	09:30
30/12/2023	Yogalates	Caroline	Dance Studio	10:30
31/12/2023	Spinning	Sheila	Spin Studio	09:00
31/12/2023	Muscle Pump	Carol	Dance Studio	09:00
31/12/2023	Circuits	Active Instructor	Sports Hall	09:30
31/12/2023	Pilates	Carol	Dance Studio	10:00
31/12/2023	Pilates	Carol	Dance Studio	11:00