



## SPRINGFIELD

**CHRISTMAS TIMETABLE**

DATE	CLASS	INSTRUCTOR	STUDIO	TIME
24/12/2023	Bodypump	Dave	Dance Studio	09:15
24/12/2023	Virtual Spin	Ride Rhythm	Spin Studio	09:15
24/12/2023	Spinning	Dave	Spin Studio	10:30
27/12/2023	Virtual Spin	Ride Rhythm	Spin Studio	09:30
27/12/2023	Zumba	Olga	Dance Studio	09:30
27/12/2023	Fitness Pilates	Olga	Dance Studio	10:30
27/12/2023	Virtual Spin	Ride Rush	Spin Studio	12:45
27/12/2023	Virtual Spin	Ride Rhythm	Spin Studio	16:00
27/12/2023	HIIT	Active Instructor	Dance studio	17:00
27/12/2023	Zumba	Olga	Dance Studio	17:45
27/12/2023	Virtual Spin	Ride Race	Spin Studio	17:45
27/12/2023	Core & Foam Roll	Magda	Mind Body Studio	18:35
27/12/2023	Weighted Workout	Active Instructor	Dance Studio	19:00



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**CHRISTMAS TIMETABLE**

DATE	CLASS	INSTRUCTOR	STUDIO	TIME
28/12/2023	Fitness Pilates	Magda	Dance Studio	09:15
28/12/2023	Spinning	Dave	Spin Studio	09:30
28/12/2023	Zumba	Olga	Dance Studio	10:30
28/12/2023	Move N'Tone	Jo	Mind and Body Studio	10:30
28/12/2023	Virtual Spin	Ride Rush	Spin Studio	16:00
28/12/2023	Virtual Spin	Ride Rhythm	Spin Studio	17:45
28/12/2023	Yogalates	Caroline	Mind and Body Studio	18:00
28/12/2023	Zumba	Leila	Dance Studio	19:00
29/12/2023	Virtual Spin	Ride Race	Spin Studio	09:30
29/12/2023	Virtual Spin	Ride Rhythm	Spin Studio	12:45
29/12/2023	Virtual Spin	Ride Rhythm	Spin Studio	16:00
29/12/2023	Virtual Spin	Ride Rhythm	Spin Studio	17:45
30/12/2023	Boxfit	Active Instructor	Dance Studio	09:00
30/12/2023	Posture Pilates	Magda	Mind and Body Studio	09:15



## SPRINGFIELD

**CHRISTMAS TIMETABLE**

DATE	CLASS	INSTRUCTOR	STUDIO	TIME
30/12/2023	Vinyasa Yoga	Tina	Mind and Body Studio	10:15
30/12/2023	Weighted Workout	Active Instructor	Dance Studio	10:30
30/12/2023	Virtual Spin	Ride Race	Spin Studio	10:30
31/12/2023	Bodypump	Dave	Dance Studio	09:15
31/12/2023	Virtual Spin	Ride Rhythm	Spin Studio	09:15
31/12/2023	Spinning	Dave	Spin Studio	10:30