



SPRINGFIELD

CHRISTMAS TIMETABLE

DATE	CLASS	INSTRUCTOR	STUDIO	TIME
22/12/2025	Bodypump	Gary Holmes	Dance Studio	06:45
22/12/2025	Fitness Pilates	Magda Bochen	Dance Studio	09:15
22/12/2025	Pilates	Jane Hamilton	Mind & Body	17:45
22/12/2025	Spinning	Richard Flambard	Spin Studio	17:45
22/12/2025	Strong Nation	Leila McCreery	Dance Studio	18:45
22/12/2025	Yoga	Henrietta Brice Smith	Mind & Body	19:00
23/12/2025	Boxfit	Active Instructor	Dance Studio	06:45
23/12/2025	Spinning	Gary Holmes	Spin Studio	06:45
23/12/2025	Spinning	Sam Horsfall	Spin Studio	09:30
23/12/2025	Bodybalance	Kate Denny Mallen	Mind & Body	10:30
23/12/2025	Bodypump	Kate Denny Mallen	Dance Studio	17:45
24/12/2025	Bodypump	Gary Holmes	Dance Studio	06:45
24/12/2025	Spinning	Terri O Donoghue	Spin Studio	09:30
24/12/2025	Stretch & Tone	Kate Denny Mallen	Mind & Body	10:30



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DATE	CLASS	INSTRUCTOR	STUDIO	TIME
27/12/2025	Boxfit	Active Instructor	Dance Studio	09:00
27/12/2025	Spinning	Terri O Donoghue	Spin Studio	09:15
27/12/2025	Vinyasa Yoga	Tina Brecknell	Mind & Body	10:15
27/12/2025	Weighted workout	Active Instructor	Dance Studio	10:45
28/12/2025	Bodypump	Dave De Abreu	Dance Studio	09:15
28/12/2025	Circuits	Active Instructor	Dance Studio	10:45
28/12/2025	Spinning	Dave De Abreu	Spin Studio	10:30
29/12/2025	Fitness Pilates	Magda Bochen	Dance Studio	09:15
29/12/2025	Spinning	Richard Flambard	Spin Studio	17:45
29/12/2025	Strong Nation	Leila McCreery	Dance Studio	18:45
29/12/2025	Yoga	Jade Le Quesne	Mind & Body	19:00
30/12/2025	Boxfit	Active Instructor	Dance Studio	06:45
30/12/2025	Gentle Pilates	Magda Bochen	Mind & Body	09:15
30/12/2025	Spinning	Sam Horsfall	Spin Studio	09:30
30/12/2025	Fitness Pilates	Magda Bochen	Dance Studio	10:30
30/12/2025	Bodybalance	Kate Denny Mallen	Mind & Body	10:30
30/12/2025	Bodypump	Kate Denny Mallen	Dance Studio	17:45
31/12/2025	Zumba	Claudia Boddie	Mind & Body	09:30
31/12/2025	Spinning	Terri O Donoghue	Spin Studio	09:30



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DATE	CLASS	INSTRUCTOR	STUDIO	TIME
31/12/2025	Gentle Circuits	Active Instructor	Dance Studio	12:30
02/01/2026	Gentle Pilates	Henrietta Brice Smith	Mind & Body	09:00
02/01/2026	Total Tone	Lisa Troy	Dance Studio	09:15
02/01/2026	Ambient stretch	Lisa Troy	Dance Studio	10:15
02/01/2026	Gentle circuits	Active Instructor	Dance Studio	12:30
02/01/2026	Chairfit	Active Instructor	Mind & Body	14:15
02/01/2026	Boxfit	Active Instructor	Dance Studio	17:45
02/01/2026	Spinning	Terri O Donoghue	Spin studio	17:45
03/01/2026	Boxfit	Active Instructor	Dance Studio	09:00
03/01/2026	Posture Pilates	Magda Bochen	Mind & Body	09:15
03/01/2026	Spinning	Terri O Donoghue	Spin Studio	09:15
03/01/2026	Vinyasa Yoga	Tina Brecknell	Mind & Body	10:15
03/01/2026	Weighted Workout	Active Instructor	Dance Studio	10:45
04/01/2026	Bodypump	Dave De Abreu	Dance Studio	09:15
04/01/2026	Zumba	Kirsten Chapman	Mind & Body	09:15
04/01/2026	Spinning	Dave De Abreu	Spin Studio	10:30
04/01/2026	Circuits	Active Instructor	Dance Studio	10:45