



FORT REGENT

CHRISTMAS TIMETABLE

DATE	CLASS	INSTRUCTOR	STUDIO	TIME
19/12/2022	Box-45	Joey	Active studio	06:45
	Bodypump	Ben	Active studio	17:30
	Circuits	Various	Ramparts	17:45
	Spinning	Tony	Spin studio	17:45
	Pilates	Jane	Room C	17:45
20/12/2022	Spinning	Gary	Spin studio	06:45
	Just Dance	Julie	Active studio	09:30
	Spinning	Georgia	Spin studio	09:30
	Stretch & Tone	Kate	Active studio	10:30
	Spinning	Kate	Spin studio	17:45
	Zumba	Claudia	Active studio	17:45
	Boxfit	Hugo	Boxing area	18:00
Bodybalance	Kate	Active studio	19:00	
21/12/2022	Bodypump	Georgia	Active studio	06:45
	Pilates	Madga	Active studio	09:30
	Bodybalance	Kate	Active studio	10:30
	Yoga Core & stretch	Jane	Room C	17:30
	Core Conditoning	Kate	Active studio	17:45
Spinning	Tony	Spin studio	18:00	
22/12/2022	Spinning	Georgia	Spin studio	06:45
	Spinning	Sam	Spin studio	09:30
	LM Core	Georgia	Active studio	12:45
	Bodypump	Kate	Active studio	17:30
	Zumba	Leila	Room A	17:45
	Circuits	Various	Ramparts	17:45
	Pilates	Sheila	Room C	17:45
23/12/2022	Bodypump	Gary	Active studio	06:45
24/12/2022	Spinning	Kate	Spin studio	09:45
	Boxfit	Andrew	Boxing area	09:15
	Weighted workout	Kate	Active studio	10:30
28/12/2022	Pilates	Madga	Active studio	09:30
	Bodybalance	Kate	Active studio	10:30
	Yoga Core & stretch	Jane	Room C	17:30
	Core Conditoning	Kate	Active studio	17:45
Spinning	Tony	Spin studio	18:00	
29/12/2022	Spinning	Sam	Spin studio	09:30
	Bodypump	Kate	Active studio	17:30
	Circuits	Various	Ramparts	17:45
	Pilates	Sheila	Room C	17:45
	Zumba	Leila	Room A	17:45
30/12/2022	Bodypump	Gary	Active studio	06:45
31/12/2022	Boxfit	Hugo	Boxing area	09:15



LES QUENNEVAIS

CHRISTMAS TIMETABLE

DATE	CLASS	INSTRUCTOR	STUDIO	TIME
19/12/2022	Muscle Pump	Carol	Sports Hall	09:30
	Spinning	Sam	Spin studio	09:30
	Aqua Fit	Sheila	Lane 5, 6, 7 & 8	10:00
	Pilates	Carol	Sports Hall	10:30
	Step Hiit	Jane	Dance Studio	10:30
	Spinning	Emmi	Spin studio	17:30
20/12/2022	Body Conditioning	Lucy	Sports Hall	08:30
	Pilates	Lucy	Sports Hall	09:30
	Spinning	Ali	Spin studio	09:30
	Zumba	Claudia	Sports Hall	10:30
	Core Conditioning	Jane	Dance Studio	17:30
	Spinning	Sheila	Spin studio	17:45
	Circuits	Various	Sports Hall	18:00
	Spinning	Sam	Spin studio	18:45
21/12/2022	Spinning	Vicky	Spin studio	08:30
	Fitness Pilates	Lucy	Sports Hall	09:15
	Spinning	Vicky	Spin studio	09:30
	Aqua Fit	Terri	Lane 5, 6, 7 & 8	10:00
	Step Hiit	Jane	Dance Studio	10:15
	Just Dance	Julie	Sports Hall	10:15
	Ballet	Colin	Dance Studio	17:00
	Latin	Colin	Dance Studio	18:00
	Spinning	Emmi	Spin studio	18:00
	Yogalates	Kat	Dance Studio	19:00
	22/12/2022	Body Conditioning	Lucy	Sports Hall
Spinning		Vicky	Spin studio	09:30
Pilates		Carol	Sports Hall	09:45
Body Conditioning		Sam	Dance Studio	18:05
23/12/2022	Yoga	Jane	Dance Studio	08:45
	Body Sculpt	Caroline NC	Sports Hall	09:30
	Spinning	Vicky	Spin studio	09:30
	Just Dance	Julie	Sports Hall	10:30
	Pilates	Caroline NC	Dance Studio	10:30
	Spinning	Sheila	Spin studio	17:45
24/12/2022	Spinning	Vicky	Spin studio	09:00
	Spinning	Vicky	Spin studio	10:00
28/12/2022	Spinning	Vicky	Spin studio	09:30
	Aqua Fit	Caroline O	Lane 5, 6, 7 & 8	10:00
	Step Hiit	Jane	Dance Studio	10:15
	Spinning	Emmi	Spin studio	18:00



LES QUENNEVAIS

CHRISTMAS TIMETABLE

DATE	CLASS	INSTRUCTOR	STUDIO	TIME
29/12/2022	Spinning	Vicky	Spin studio	09:30
	Pilates	Carol	Sports Hall	09:45
	Yoga	Henrietta	Dance Studio	10:45
	Body Conditioning	Sam	Dance Studio	18:05
30/12/2022	Yoga	Jane	Dance Studio	09:15
	Body Sculpt	Caroline NB	Sports Hall	09:30
	Spinning	Vicky	Spin studio	09:30
	Aqua Fit	Caroline O	Lane 5, 6, 7 & 8	10:00
	Pilates	Caroline NB	Dance Studio	10:30
	Spinning	Sheila	Spin studio	17:45
31/12/2022	Spinning	Vicky	Spin studio	09:00
	Body Sculpt	Caroline NB	Sports Hall	09:30
	Spinning	Vicky	Spin studio	10:00
	Yogalates	Caroline NB	Sports Hall	10:30



SPRINGFIELD

CHRISTMAS TIMETABLE

DATE	CLASS	INSTRUCTOR	STUDIO	TIME
19/12/2022	Pilates Somatic Yoga	Magda Henrietta	Blue room Blue room	09:15 19:00
20/12/2022	Dynamic Yoga	Michelle C	Blue room	17:45
21/12/2022	Core Foam / Rolling Pilates	Magda	Blue room	18:40
22/12/2022	Fitness Pilates Move N' Tone Yin Yoga Yogalates	Magda Jo Michelle C Caroline	Blue room Blue room Blue room Blue room	09:15 10:30 11:40 17:45
23/12/2022	Yoga Flow	Michelle C	Blue room	10:30
24/12/2022	CLOSED			
28/12/2022	Core Foam / Rolling Pilates	Magda	Blue room	18:40
29/12/2022	Fitness Pilates Move N' Tone Yogalates	Magda Jo Caroline	Blue room Blue room Blue room	09:15 10:30 17:45
31/12/2022	CLOSED			