



LES QUENNEVAIS

CHRISTMAS TIMETABLE

DATE	CLASS	INSTRUCTOR	STUDIO	TIME
22/12/2025	Pilates	Carol Wood	Dance studio	09:30
22/12/2025	Spinning	Sam Horsfall	Spin studio	09:30
22/12/2025	Musclepump	Carol Wood	Dance studio	10:30
22/12/2025	Pilates	Sheila Bond	Dance studio	17:45
22/12/2025	Vinyasa Yoga	Tina Brecknell	Dance studio	18:45
23/12/2025	Yoga	Jane Hamilton	Dance studio	08:15
23/12/2025	Spinning	Aly Bellee	Spin studio	08:30
23/12/2025	Musclepump	Vicky Barret	Dance studio	09:30
23/12/2025	Aqua Fit	Sheila Mounter	Pool	10:15
23/12/2025	Zumba	Claudia Morena	Sports Hall	10:30
23/12/2025	Barre	Kat Keelan	Dance Studio	10:30
23/12/2025	Gentle circuits	Active Instructor	Sports Hall	15:00
23/12/2025	Pilates	Jane Hamilton	Dance studio	17:00
23/12/2025	Spinning	Sheila Bond	Spin studio	17:45
23/12/2025	MOGA	Tina Brecknell	Dance studio	18:00
23/12/2025	Classic circuits	Active Instructor	Sports Hall	18:00
24/12/2025	Functional Fitness	Active Instructor	Sports Hall	06:45
24/12/2025	Spinning	Vicky Barret	Spin studio	08:30
24/12/2025	Pilates	Caroline Nicolle Brien	Dance studio	09:15
24/12/2025	Spinning	Vicky Barret	Spin studio	09:30



LES QUENNEVAIS

CHRISTMAS TIMETABLE

DATE	CLASS	INSTRUCTOR	STUDIO	TIME
27/12/2025	Boxfit	Active Instructor	Dance studio	08:15
27/12/2025	Bodysculpt	Caroline Nicolle Brien	Dance studio	09:30
27/12/2025	Spinning	Shelia Bond	Spin Studio	09:30
27/12/2025	Yogalates	Caroline Nicolle Brien	Dance studio	10:30
28/12/2025	Musclepump	Carol Wood	Dance studio	09:00
28/12/2025	Spinning	Sheila Bond	Spin studio	09:00
28/12/2025	Circuits	Active Instructor	Sports Hall	09:30
28/12/2025	Pilates	Carol Wood	Dance studio	10:00
28/12/2025	Pilates	Carol Wood	Dance studio	11:00
29/12/2025	Pilates	Carol Wood	Dance studio	09:30
29/12/2025	Spinning	Sam Horsfall	Spin studio	09:30
29/12/2025	Musclepump	Carol Wood	Dance studio	10:30
29/12/2025	Pilates	Sheila Bond	Dance studio	17:45
29/12/2025	Vinyasa Yoga	Tina Brecknell	Dance studio	18:45
30/12/2025	Spinning	Aly Bellee	Spin studio	08:30
30/12/2025	Musclepump	Carol Wood	Dance Studio	09:30
30/12/2025	Gentle circuits	Active Instructor	Sports Hall	15:00
30/12/2025	Spinning	Sheila Bond	Spin studio	17:45
30/12/2025	MOGA	Tina Brecknell	Dance studio	18:00



LES QUENNEVAIS

CHRISTMAS TIMETABLE

DATE	CLASS	INSTRUCTOR	STUDIO	TIME
30/12/2025	Classic Circuits	Active Instructor	Sports Hall	18:00
31/12/2025	Functional Fitness	Active Instructor	Sports Hall	06:45
31/12/2025	Spinning	Sam Horsfall	Spin Studio	08:30
31/12/2025	Pilates	Caroline Nicolle Brien	Dance Studio	09:15
31/12/2025	Spinning	Sam Horsfall	Spin Studio	09:30
		Active Instructor	Sports Hall	06:45
02/01/2026	Functional Fitness	Jane Hamilton	Dance Studio	09:15
02/01/2026	Yoga	Caroline Nicolle Brien	Sports Hall	09:30
02/01/2026	Body Sculpt	Sam Horsfall	Spin Studio	09:30
02/01/2026	Spinning	Caroline Osgood	Pool	10:00
02/01/2026	Aqua Fit	Caroline Nicolle Brien	Dance Studio	10:30
02/01/2026	Pilates	Carol Wood	Dance Studio	12:00
02/01/2026	Pilates	Active Instructor	Sports Hall	13:00
02/01/2026	Gentle Circuits	Sheila Bond	Spin Studio	17:45
02/01/2026	Spinning	Active Instructor	Dance Studio	08:15
03/01/2026	Boxfit	Caroline Nicolle Brien	Dance Studio	09:30
03/01/2026	Bodysculpt	Caroline Nicolle Brien		09:30
03/01/2026	Spinning	Sheila Bond	Spin Studio	
03/01/2026	Yogalates	Caroline Nicolle Brien	Dance Studio	10:30



LES QUENNEVAIS

CHRISTMAS TIMETABLE

DATE	CLASS	INSTRUCTOR	STUDIO	TIME
04/01/2026	Musclepump	Carol Wood	Dance Studio	09:00
04/01/2026	Spinning	Sheila Bond	Spin Studio	09:00
04/01/2026	Circuits	Active Instructor	Sports Hall	09:30
04/01/2026	Pilates	Carol Wood	Dance Studio	10:00
04/01/2026	Pilates	Carol Wood	Dance Studio	11:00