



THE FITNESS BANK

DECEMBER OPENING TIMES

<i>Date</i>	<i>Studio</i>	<i>Gym</i>
Sat 23 rd	<i>10am: BoxFit with Ellie</i>	Open 8am until 4pm
<i>Christmas Eve</i>	<i>10am: Pump with Alka</i>	Open 9am until 2pm
<i>Christmas Day</i>	<i>No Classes</i>	<i>Closed</i>
<i>Boxing Day</i>	<i>No Classes</i>	<i>Closed</i>
Wed 27th	<i>10am: Body conditioning with Tracy</i>	Open 9am until 2pm
Thurs 28th	<i>10am: Core de Force with Tina</i>	Open 9am until 2pm
<i>Fri 29th</i>	<i>10am: Sculpt with Ellie</i>	Open 9am until 2pm
<i>Sat 30th</i>	<i>9.30am: BoxFit with Ellie</i>	Open 9am until 2pm
<i>New Year's Eve</i>	<i>No Classes</i>	<i>Closed</i>
<i>New Year's Day</i>	<i>No Classes</i>	<i>Closed</i>
Tues 2 nd Jan	<i>Back to Normal</i>	Open 7 am until 9 pm
ALL CLASSES ARE 60 MINUTES		

