

THE FIT LAB Christmas & New Year Timetable

TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	21st	22nd	23rd	24th	25th	26th	27th
5:15 AM	INDOOR BOOTCAMP Auryn (45)	LES MILLS BODYSTEP Nathan (45)	FUNCTIONAL FIT Blake (45)	KNOCKOUT Auryn (45)	CLOSED	CLOSED	
	sprint Nathan (30)			LES MILLS BODYPUMP Ⓞ 60 min			
9:15 AM	LES MILLS BODYPUMP Danah (60)	FUNCTIONAL FIT Zac (45)	EXPRESS HIT Blake (30)	ABT Jade (45) Mind & Body			LES MILLS BODYPUMP Ⓞ 60 min
	KNOCKOUT Auryn (45)	sprint Nathan (30)	YOGA Jo (60)	INDOOR BOOTCAMP Steve (45)			
10:30 AM	LES MILLS BODYBALANCE Ⓞ 60 min	LES MILLS BODYPUMP Ⓞ 60 min	LES MILLS CXWORX Ⓞ 30 min	LES MILLS BODYCOMBAT Ⓞ 45 min			LES MILLS SHBAM Ⓞ 30 min
12:00 PM	EXPRESS HIT Zac (30)		BOXING Express Auryn (30)				LES MILLS CXWORX Ⓞ 30 min
4:30 PM	FUNCTIONAL FIT Blake (45)	INDOOR BOOTCAMP Jade (45)	sprint Nathan (30)				
5:30 PM	YOGA Jo (60)	ABT Jo (45)	LES MILLS BODYPUMP Danah (60)				
	INDOOR BOOTCAMP Blake (45)	KNOCKOUT Auryn (45)	Barre Jo (45)				
6:30 PM	LES MILLS BODYPUMP Ⓞ 60 min	LES MILLS SHBAM Ⓞ 30 min	LES MILLS BODYBALANCE Ⓞ 60 min				

TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	28th	29th	30th	31st	1st	2nd	3rd
5:15 AM		INDOOR BOOTCAMP Jade (45)	FUNCTIONAL FIT Blake (45)	EXPRESS HIT Blake 30	CLOSED		
7:00 AM	sprint Nathan (30)					LES MILLS BODYPUMP Ⓞ 60 min	LES MILLS BODYCOMBAT Ⓞ 45 min
8:15 AM	ABT Jade (45)	EXPRESS HIT Blake (30)	sprint Nathan(30)	LES MILLS BODYCOMBAT Ⓞ 45 min		YOGA Jo (60)	LES MILLS BODYPUMP Ⓞ 45 min
9:15 AM	INDOOR BOOTCAMP Jade (45)	ABT Jade (45)	INDOOR BOOTCAMP Jade (45)	FUNCTIONAL FIT Blake (45)		LES MILLS BODYSTEP Nathan (45)	ABT Jo (45)
10:30 AM	LES MILLS GRIT CARDIO Ⓞ 30 min	LES MILLS BODYPUMP Ⓞ 45 min	LES MILLS CXWORX Ⓞ 30 min	LES MILLS BODYBALANCE Ⓞ 45 min		LES MILLS BODYBALANCE Ⓞ 60 min	LES MILLS CXWORX Ⓞ 30 min
11:15 AM	LES MILLS SHBAM Ⓞ 60 min	LES MILLS BODYCOMBAT Ⓞ 45 min	LES MILLS BODYPUMP Ⓞ 60 min	LES MILLS GRIT STRENGTH Ⓞ 30 min			LES MILLS GRIT CARDIO Ⓞ 30 min

* Monday 4th January - Start of NEW Timetable*

Christmas Staffed Hours

Monday 21st December: 5am-8pm
 Tuesday 22nd December: 5am-8pm
 Wednesday 23rd December: 5am-8pm
 Thursday 24th December: 5am-3pm
Friday 25th December: CLOSED
Saturday 26th December: CLOSED
 Sunday 27th December: 7am-12pm

Creche: Normal Hours
 Creche: Normal Hours
 Creche: Normal Hours
 Creche: 8am-10.30am
 Creche: CLOSED
 Creche: CLOSED
 Creche: CLOSED

Monday 28th December: 7am-12pm
 Tuesday 29th December: 5am-1pm
 Wednesday 30th December: 5am-1pm
 Thursday 31st December: 5am-1pm
Friday 1st January: CLOSED
 Saturday 2nd January 7am-12pm
 Sunday 3rd January: 7am-12pm

Creche: **CLOSED**
 Creche: 8am-10.30am
 Creche: 8am-10.30am
 Creche: 8am-10.30am
 Creche: **CLOSED**
 Creche: **CLOSED**
 Creche: 8am-10.30am
 Creche: **CLOSED**