

Peak Fitness & Health Christmas and 2008/9 New Years Group Fitness Timetable and Gym Hours

Wed Dec 24th = **Gym Hours** = 8am – 3.00pm
Class = 9.15am BODYCOMBAT **NB: No 6am Classes till Mon 19 Jan**

Thursday Dec 25th **Christmas Day = GYM CLOSED**
Friday Dec 26th **Boxing Day = GYM CLOSED**
Sat Dec 27th **= GYM CLOSED**

Sun Dec 28th **Gym Hours** = 8am – 12noon
Classes = 8.30am BODYPUMP 9.30am FLOW YOGA

Mon Dec 29th **Gym Hours** = 8am – 12noon
Classes = 9.15 BODYSTEP

Tues Dec 30th **Gym Hours** = 8am – 12noon
Classes = 9.15am BODYPUMP 8.30am RPM

Wed Dec 31st **Gym Hours** = 8am – 12noon
Classes = 9.15am BODYBALANCE

Thurs Jan 1st 2009 = **GYM CLOSED**
Fri Jan 2nd 2009 = **GYM CLOSED**
Sat Jan 3rd 2009 = **GYM CLOSED**

Sun Jan 4th = **Gym Hours** = 8am – 12noon
Classes = 8.30am BODYPUMP 9.30am FLOW YOGA

Mon Jan 5th = **Gym Hours** = 6.00am – 10.00am & 4.00pm – 7.00pm
Classes = 9.15am BODYSTEP 5.30pm BODYPUMP

Tues Jan 6th = **Gym Hours** = 6.00am – 10.00am & 4.00pm – 7.00pm
Classes = 9.15am BODYPUMP 5.30pm BODYBALANCE
5.30pm RPM

Wed Jan 7th = **Gym Hours** = 6.00am – 10.00am & 4.00pm – 7.00pm
Classes = 9.15am BODYCOMBAT 5.30pm BODYSTEP

Thurs Jan 8th = **Gym Hours** = 6.00am – 10.00am & 4.00pm – 7.00pm
Classes = 9.15am BODYPUMP, 5.30pm FLOWYOGA
5.30pm RPM

Fri Jan 9th = **Gym Hours** = 6.00am – 10.00am & 4.00pm – 7.00pm
9.15am BODYVIVE 5.30pm BODYPUMP

Sat Jan 10th = **Gym Hours** = 8.00am – 12.00noon
8.30am RPM 9.30am BODYBALANCE

Sunday 11th Jan ALL Classes back to normal this week
Except 6.00am! This returns Mon 19th