

NCIE FITNESS HOLIDAY TIMETABLE

Monday 20 - Thursday 23 December	OPEN 6am - 9pm Normal Group Fitness Timetable
Friday 24 December	OPEN 6am - 6pm Normal Group Fitness Timetable
Saturday 25 - Tuesday 28 December	CLOSED
Wednesday 29 December	OPEN 8am - 6pm 9:30am S&A's (45) 12:00pm Cross (45)
Thursday 30 December	OPEN 8am - 6pm 9:30am Pilates 9:30am YAH Strength (45) 10:30am Aqua Fit 12:00pm Strength (45)
Friday 31 December	OPEN 8am - 6pm 9:30am S&A's (45) 10:30am Aqua Fit 12:00pm HIIT (45)
Saturday 1 January	CLOSED
Sunday 2 January	OPEN 10am - 6pm 10:15am Spin 11:30am Yoga
Monday 3 January	OPEN 8am - 6pm 9:30am S&A's (45) 9:30am Yoga 12:00pm Cross (45)

