

# VITALITY'S CHRISTMAS SUMMER HOLIDAY TIMETABLE



## GYM PLUS TIMETABLE Commencing 24<sup>th</sup> December 2011 to 15<sup>th</sup> January 2012



	6AM-7AM	7AM-8AM	8AM-9AM	9AM-10AM	10AM-11AM	11AM-12PM	12PM-1PM	1PM-2PM	2PM-3PM	3PM-4PM	4PM-5PM	5PM-6PM	6PM-7PM	7PM-8PM	5PM-6PM
MON	Circuit	Spinning Circuit		Circuit							Training with Teens	Spinning			
TUE				LLLS Circuit									Circuit	Ladies X-train	
WED	Circuit	Spinning Circuit		Circuit							Training With Teens	Spinning			
THU				LLLS Circuit									Circuit	Ladies X-train	
FRI	Circuit	Spinning Circuit		Circuit							Training With Teens				
SAT															

## Christmas/New Year Public Holiday Hours

24<sup>th</sup> December: Gym 8am-4pm (no Spin or Pump)

25<sup>th</sup> December: CLOSED

26<sup>th</sup> December: Gym 10am-4pm

27<sup>th</sup> December: Gym 10am-4pm

1<sup>st</sup> January: 10am-4pm

2<sup>nd</sup> January: 10am-4pm

**Living Longer Living Stronger will continue as normal**

The above timetable is for the period of 24<sup>th</sup> December 2011 through to the 16<sup>th</sup> January 2012. There will be no Group Exercise or Gym based Classes on Public Holidays. Through the duration of the Christmas timetable, Group Exercise Plus members and Personal Training clients are welcome to use the gym. Please report to reception with your membership card to gain access to the gym. Personal Training will cease from Friday 23<sup>rd</sup> December, commencing as normal on Monday 16<sup>th</sup> January.