# FESTIVE FITNESS PROGRAMME

## Johnstone Hub

**Thu 24th Dec**
- Start Time | End Time | Activity
  - 12.30pm | 1.30pm | Aqua Fit

## The Lagoon Leisure Centre

**Thu 24th Dec**
- Start Time | End Time | Activity
  - 7.00am | 7.45am | Body Combat
  - 12.15pm | 1.00pm | Zumba
  - 12.15pm | 1.00pm | Vibe Spin Disco

**Fri 25th & Sat 26th Dec** - Closed

## Sun 27th Dec

- Start Time | End Time | Activity
  - 9.30am | 10.00am | Body Combat
  - 10.00am | 11.00am | Vibe Spin Disco
  - 11.00am | 12.00pm | Body Pump
  - 12.00pm | 1.15pm | Body Pump
  - 1:00pm | 1:45pm | Spin Cycle Training

## Mon 28th Dec

- Start Time | End Time | Activity
  - 9.15am | 10.00am | Zumba
  - 9.15am | 10.00am | Spin Cycle Training
  - 12.30pm | 1.15pm | Body Pump

**Tue 29th Dec**
- Start Time | End Time | Activity
  - 9.30am | 10.00am | Fatburn Extreme
  - 12.00pm | 12.45pm | Body Pump
  - 12.15pm | 1.00pm | Vibe Spin Disco

## Wed 30th Dec

- Start Time | End Time | Activity
  - 10.00am | 11.00am | Insanity
  - 12.00pm | 12.45pm | Body Combat
  - 12.15pm | 1.00pm | Vibe Spin Disco

## Thu 31st Dec

- Start Time | End Time | Activity
  - 10.30am | 11.15am | Pump, Attack, Combat Combo
  - 12.00pm | 12.45pm | Body Pump
  - 12.15pm | 1.00pm | Spin Cycle Training

## Linwood ON-X

**Thu 24th Dec**
- Start Time | End Time | Activity
  - 9.15am | 10.00am | Zumba
  - 11.15am | 12.00pm | Vibe Spin Disco

**Fri 25th & Sat 26th Dec** - Closed

## Sun 27th Dec

- Start Time | End Time | Activity
  - 10.30am | 11.15am | Pump, Attack, Combat Combo
  - 12.30pm | 1.15pm | Vibe Spin Disco

## Mon 28th Dec

- Start Time | End Time | Activity
  - 10.30am | 11.15am | Body Attack
  - 11.15am | 12.00pm | Spin Cycle Training
  - 5.00pm | 5.30pm | Fatburn Extreme

**Tue 29th Dec**
- Start Time | End Time | Activity
  - 10.30am | 11.15am | Body Combat
  - 11.30am | 12.15pm | Body Pump
  - 4.00pm | 4.45pm | Spin Cycle Training

## Wed 30th Dec

- Start Time | End Time | Activity
  - 10.30am | 11.15am | Body Attack
  - 12.00pm | 12.30pm | Fatburn Extreme
  - 4.00pm | 4.45pm | Vibe Spin Disco

## Thu 31st Dec

- Start Time | End Time | Activity
  - 10.30am | 11.15am | Zumba
  - 1.00pm | 1.45pm | Body Combat
  - 4.00pm | 4.45pm | Spin Cycle Training

All other classes will finish on the Dec 23rd and will resume as normal on Jan 4th.

**Have a lovely Christmas!**