

Christmas 2024

Opening Hours & Classes



CLASSES

Friday - 20th December

Step Circuit: 9.15am - 10.00am

Saturday - 21st December

No Classes

Sunday - 22nd December

Circuit: 9.30am - 10.15am

Monday - 23rd December

Spinning: 10.00am - 10.45am

Tuesday - 24th December

Circuit: 9.30am - 10.15am

Wednesday - 25th December

CLOSED

Thursday - 26th December

CLOSED

Friday - 27th December

Step Circuit: 9.15am - 10.00am

Saturday - 28th December

Circuit: 9.30am - 10.15am

Sunday - 29th December

No Classes

Monday - 30th December

Leg Attack: 10.00am - 10.45am

Tuesday - 31st December

Circuit: 9.30am - 10.15am

Wednesday - 1st January

No Classes

OPENING HOURS

Friday - 20th December

6.30am - 5.00pm

Saturday - 21st December

8.30am - 2.00pm

Sunday - 22nd December

8.30am - 2.00pm

Monday - 23rd December

8.00am - 7.00pm

Tuesday - 24th December

8.00am - 2.00pm

Wednesday - 25th December

CLOSED

Thursday - 26th December

CLOSED

Friday - 27th December

8.00am - 6.00pm

Saturday - 28th December

8.30am - 2.00pm

Sunday - 29th December

8.30am - 2.00pm

Monday - 30th December

8.00am - 7.00pm

Tuesday - 31st December

8.00am - 2.00pm

Wednesday - 1st January

CLOSED

**** OPENING HOURS AND CLASSES AS NORMAL FROM 02/01/2025 ****