

Panmure

Monday 21 December

Time	Type	Class	Min	Location	Instructor
5:45am		Abs Blast	15	Gym Floor	Trainer
6:00am		Burn 30	30	Gym Floor	Trainer
9:30am		Beginner Strength	30	Gym Floor	Trainer
7:30pm		Burn 30	30	1st Floor	Trainer

Tuesday 22 December

Time	Type	Class	Min	Location	Instructor
6:00am		Burn 30	30	FTZ	Trainer
5:30pm		Burn 30	30	FTZ	Trainer
6:00pm		Burn 30	30	FTZ	Trainer

Wednesday 23 December

Time	Type	Class	Min	Location	Instructor
6:30pm		Burn 30	30	FTZ	Trainer

Thursday 24 December

Time	Type	Class	Min	Location	Instructor
6:00am		Box N Burn	30	FTZ	Trainer
9:30am		Burn 30	30	FTZ	Trainer

MERRY CHRISTMAS

Gym Closed

Saturday 26 December

Time	Type	Class	Min	Location	Instructor
4:00pm		Burn 30	30	FTZ	Trainer

Sunday 27 December

Time	Type	Class	Min	Location	Instructor
10:30am		Parents and Kids	60	FTZ	Trainer
5:30pm		Burn 30	30	FTZ	Trainer

Monday 28 December

Time	Type	Class	Min	Location	Instructor
08:15am		Abs Blast	15	Gym Floor	Trainer
08:30am		Burn 30	30	Gym Floor	Trainer
09:30am		Beginner Strength	30	Gym Floor	Trainer

Tuesday 29 December

Time	Type	Class	Min	Location	Instructor
08:15am		Burn 30	30	FTZ	Trainer
5:30pm		Burn 30	30	FTZ	Trainer
6:00pm		Burn 30	30	FTZ	Trainer

Wednesday 30 December

Time	Type	Class	Min	Location	Instructor
08:15am		Beginner Strength	30	Gym Floor	Trainer
9:30am		Burn 30	30	FTZ	Trainer
6:00pm		Burn 30	30	FTZ	Trainer

Thursday 31 December

Time	Type	Class	Min	Location	Instructor
08:15am		Box N Burn	30	FTZ	Trainer
9:30am		Burn 30	30	FTZ	Trainer
06:00pm		Burn 30	30	FTZ	Trainer

Friday 01 January

Time	Type	Class	Min	Location	Instructor
5:30pm		Burn 30	30	FTZ	Trainer

Saturday 02 January

Time	Type	Class	Min	Location	Instructor
4:00pm		Burn 30	30	FTZ	Trainer

Sunday 03 January

Time	Type	Class	Min	Location	Instructor
8:30am		Beginner Strength	30	Gym Floor	Trainer
10:30am		Parents and Kids	60	FTZ	Trainer

Monday 04 January

Time	Type	Class	Min	Location	Instructor
5:30pm		Burn 30	30	FTZ	Trainer

Tuesday 05 January

Time	Type	Class	Min	Location	Instructor
7:00am		Burn 30	30	FTZ	Trainer
5:30pm		Burn 30	30	FTZ	Trainer
6:00pm		Burn 30	30	FTZ	Trainer

Wednesday 06 January

Time	Type	Class	Min	Location	Instructor
6:00am		Beginner Strength	30	Gym Floor	Trainer
9:30am		Burn 30	30	FTZ	Trainer
6:30pm		Burn 30	30	FTZ	Trainer

Thursday 07 January

Time	Type	Class	Min	Location	Instructor
6:00am		Box N Burn	30	FTZ	Trainer
9:30am		Burn 30	30	FTZ	Trainer
6:30pm		Burn 30	30	FTZ	Trainer

Friday 08 January

Time	Type	Class	Min	Location	Instructor
06:30am		Beginner Strength	30	Gym Floor	Trainer
5:30pm		Burn 30	30	FTZ	Trainer

Saturday 09 January

Time	Type	Class	Min	Location	Instructor
4:00pm		Burn 30	30	FTZ	Trainer

Sunday 10 January

Time	Type	Class	Min	Location	Instructor
8:30am		Beginner Strength	30	Gym Floor	Trainer
10:30am		Parents and Kids	60	FTZ	Trainer
5:30pm		Burn 30	30	FTZ	Trainer