

	Monday CLOSED	Tuesday CLOSED	Wednesday 27 th December	Thursday 28 th December	Friday 29 th December	Saturday 30 th December	Sunday 31 st December	Monday CLOSED
6AM - 10A M	CHRISTMAS DAY	BOXING DAY	<u>Spinning</u> 7:15am – 8am Kieren <u>Legs/Bums/Tums</u> 9:10am – 9:55am Kieren	<u>HIIT</u> 7:15am – 7:45am Kayla <u>Spinning</u> 9:10am – 9:55am Gemma	<u>Spinning</u> 7:15am – 8am Kieren/Carl <u>Spinning</u> 8:15am – 9am Sara <u>Dance Fit</u> 9:10am – 9:55am Sara	<u>Spinning</u> 7:30am – 8:15am Jo <u>Les Mills Body Balance</u> 8:20am – 9:05am Jo <u>Les Mills Body Pump</u> 9:10am – 9:55am Sara	<u>Spinning</u> 8am – 8:45am Gemma <u>Spinning</u> 9am – 9:45am Gemma	NEW YEARS DAY
10A M - 5PM			<u>Les Mills Body Combat</u> 10am – 10:45am Sara <u>Les Mills Body Balance</u> 10:50am – 11:35am Sara <u>Line Dancing</u> 11:40am – 1:10pm Calvin	<u>Les Mills Body Pump</u> 10:10am – 10:55am Gemma <u>Legs/Bums/Tums</u> 11:10am – 11:55am Gemma	<u>Body Conditioning</u> 10am – 10:45am Jackie <u>Calenetics & Stretch</u> 10:50pm – 11:35pm Jackie <u>Zumba Gold</u> 11:40pm – 12:25pm Aimee	<u>Les Mills Body Combat</u> 10am – 11am Sara <u>Pilates</u> 11:15am - 12:15pm Gill/Jackie <u>Hatha Yoga</u> 12:30pm – 1:15pm Gill	<u>Les Mills Body Pump</u> 10am – 10:45am Gemma	
5PM - 9PM			<u>Hatha Yoga</u> 5:15pm – 6pm Gill <u>Spinning</u> 6:10pm – 6:55pm Kieren <u>Circuits</u> 7:10pm – 7:50pm Kieren	<u>Ab Attack</u> 5:10pm – 5:40pm Kayla <u>Legs/Bums/Tums</u> 5:45pm – 6:30pm Kayla <u>Zumba</u> 6:35pm – 7:20pm Aimee <u>Boxercise</u> 7:25pm – 7:55pm Aimee	<u>Les Mills Body Pump</u> 6pm – 6:45pm Gemma <u>Spinning</u> 7pm – 7:45pm Gemma	<div>All classes have a zoom option available. Email: Studio@riverhills.co.uk</div> <div>Studio 1 Zoom ID – 766 363 3849 Password: Riverhills</div>		

STUDIO 1 - CHRISTMAS ZOOM TIMETABLE

	Monday CLOSED	Tuesday CLOSED	Wednesday 27 th December	Thursday 28 th December	Friday 29 th December	Saturday 30 th December	Sunday 31 st December	Monday CLOSED
6AM - 10AM	CHRISTMAS DAY	BOXING DAY		<u>HIIT</u> 7:15am – 7:45am Kayla <u>Spinning</u> 9:10am – 9:55am Gemma		<u>Les Mills Body Balance</u> 8:20am – 9:05am Jo <u>Les Mills Body Pump</u> 9:10am – 9:55am Sara		NEW YEARS DAY
10AM - 5PM			<u>Les Mills Body Combat</u> 10am – 10:45am Sara <u>Les Mills Body Balance</u> 10:50am – 11:35am Sara	<u>Les Mills Body Pump</u> 10:10am – 10:55am Gemma <u>Legs/Bums/Tums</u> 11:10am – 11:55am Gemma	<u>Body Conditioning</u> 10am – 10:45am Jackie <u>Calenetics & Stretch</u> 10:50pm – 11:35pm Jackie <u>Zumba Gold</u> 11:40pm – 12:25pm Aimee	<u>Les Mills Body Combat</u> 10am – 11am Sara <u>Pilates</u> 11:15am - 12:15pm Gill/Jackie <u>Hatha Yoga</u> 12:30pm – 1:15pm Gill	<u>Les Mills Body Pump</u> 10am – 10:45am Gemma	
5PM - 9PM			<u>Hatha Yoga</u> 5:15pm – 6pm Gill	<u>Ab Attack</u> 5:10pm – 5:40pm Kayla <u>Legs/Bums/Tums</u> 5:45pm – 6:30pm Kayla <u>Zumba</u> 6:35pm – 7:20pm Aimee <u>Boxercise</u> 7:25pm – 7:55pm Aimee	<u>Les Mills Body Pump</u> 6pm – 6:45pm Gemma	All classes have a zoom option available. Email: Studio@riverhills.co.uk Studio 1 Zoom ID – 766 363 3849 Password: Riverhills		

ZOOM ONLY TIMETABLE

	Monday 25 th December	Tuesday 26 th December	Wednesday 27 th December	Thursday 28 th December	Friday 29 th December	Saturday 30 th December	Sunday 31 st December	Monday 1st January
7AM - 10AM				<u>Body Conditioning</u> 9:10am – 9:55am Kristy				
10AM - 5PM	NO ZOOM			<u>Core Crunch</u> 10am – 10:30am Kristy <u>Pilates</u> 10:35am – 11:20am Kristy				NO ZOOM
5PM - 9PM			<u>Beginners Salsa Fit</u> 5pm – 5:45pm Sophie <u>Salsa Fit</u> 6pm – 6:45pm Sophie <u>Dance Yoga</u> 7pm – 7:45pm Sophie					
Need a hand getting set up? Contact us by email. Email: Studio@riverhills.co.uk Studio 2 Zoom Login ID – 954 354 0824 Password: RH2								

*Ti Timetable for December 2023, Subject to change