



Waterlooville Class Timetable



Christmas 2024

MON 23rd	TUE 24th	WED 25th	THUR 26th	FRI 27th	SAT 28th	SUN 29th
6AM - 10.30PM	6AM- 4PM	CLOSED	CLOSED	6AM- 4PM	7.30AM- 4PM	7.30AM - 4PM
Hatha Yoga 9.00 - 10.00 Studio 2	Pilates 8.30-9.30 Studio 2	M	C	9.00 -10.00 Pilates Studio 2	8.15-9.15 Body Combat Studio 1	8.30 - 9.30 Body Pump Studio 1
Body Pump 9.15-10.15 Studio 1	This Girl Still Can 9.30-10.15 Studio 2	E	H	9.15-10.00 Aqua Pool	9.00 - 10.00 Body Balance Studio 2	9.10 - 10.10 Hatha Yoga Studio 2
Waterworks 9.30-10.15 Pool	Pilates for Life 10.15-11.00 Studio 2	R	R	9.30-10.15 Body Attack Studio 1	9.30 - 10.30 Body Pump Studio 1	9.40 - 10.10 Les Mills Grit Studio 1
Pilates 10.00 - 10.45 Studio 2	Body Balance 11.00-12.00 Studio 2	R	I	10.45 - 11.45 Body Conditioning Studio 1	10.00 - 11.15 Flow Yoga	10.15 - 11.15 Body Balance Studio 2
Body Combat 10.30 - 11.30 Studio 1	LBT 11.00 - 11.45 Studio 1	R	S			
Body Balance 11.00 - 12.00 Studio 2	Pilates 12.05 - 13.05 Studio 2	Y	T			
Body Tone 17.45-18.30 Studio 1			M			
Pilates 18.00 - 18.45 Studio 2			A			
Body Pump 18.40 19.25 Studio 1			S			
Hatha Yoga 18.50 - 19.50 Studio 2						



Waterlooville Class Timetable



Christmas 2024

MON 30th	TUE 31st	WED 1st	THUR 2nd	FRI 3rd	SAT 4th	SUN 5th
6AM - 4PM	6AM - 4PM	CLOSED	6AM-10.30PM	6AM-10.30PM	7.30AM-9.30PM	7.30AM-9.30PM
Body Conditioning 9.00 - 9.45 Studio 1	Pilates 8.30-9.30 Studio 2	N	9.15- 10.00 Body Tone Studio 1	9.00 -10.00 Pilates Studio 2	8.15-9.15 Body Combat Studio 1	8.30 - 9.30 Body Pump Studio 1
Waterworks 9.30-10.15 Pool	This Girl Still Can 9.30-10.15 Studio 2	E	9.30-10.45 Yoga Studio 2	9.30-10.15 Body Attack Studio 1	9.00 - 10.00 Body Balance Studio 2	9.10 - 10.10 Hatha Yoga Studio 2
Pilates 10.00 - 10.45 Studio 2	Pilates for Life 10.15-11.00 Studio 2	W	16.45 - 17.30 Pilates for Life Studio 2	10.10 - 11.10 Pilates Studio 2	9.30 - 10.30 Body Pump Studio 1	9.40 - 10.10 Les Mills Grit Studio 1
	LBT 11.00 - 11.45 Studio 1		18.30 - 19.15 Body Combat Studio 1	10.45 - 11.45 Body Conditioning Studio 1	10.00 - 11.15 Flow Yoga	10.15 - 11.15 Body Balance Studio 2
	Pilates 12.05 - 13.05 Studio 2		18.45 - 19.30 Pilates Studio 2	16.45 - 18.00 Hatha Yoga Studio 2		10.15-11.00 Body Attack Studio 1
H		Y	19.30 - 20.30 Body Pump Studio 1	18.00 - 19.00 Body Balance Studio 2		
A		E	19.30 - 20.15 Pilates Studio 2	18.00 - 18.45 Body Pump Studio 1		
P		A				
P		R				
Y		S				