


Waterlooville Class Timetable



Christmas 2025

MON 22nd	TUES 23rd	WED 24th	THUR 25th	Fri 26th	SAT 27th	SUN 28th				
6AM - 10PM	6AM- 10PM	6AM- 4PM	CLOSED	CLOSED	7.30AM- 4PM	7.30AM- 4PM				
Hatha Yoga 9am	Pilates 8.30am	Pilates 8am	M E R R Y	C H R I S T M A S	Body Combat 8.15am	Body Pump 8.15am				
Body Pump 9.15am	Body Pump 9.15am	Body Tone 9.15am			Body Balance 9am	Hatha Yoga 9.10am				
Waterworks 930am	This girl Still can 9.30am	Pilates 9.15am			Yoga 10am	Shapes 9.25am				
Pilates 10am	Zumba 10.10am	Aqua Zumba 9.30am				Body Combat 10.15am				
Waterworks 10.30am	Pilates for life 10.15am	Body Combat 10.05am				Body Balance 10;15am				
BodyAttack 10.30am	LBT 11am	Yoga Flow 10.45am								
Body Balance 10.45am	Body Balance 11am									
Shapes 11.45am	Pilates 12.05pm									
Pilates 6pm	Body Combat 5.30pm									
Yoga 6.50pm	Hatha Yoga 5.50pm									
Body Pump 6.40pm	Body Pump 6.35pm									
Body Combat 7.30pm	Pilates 6.50pm									
Body Balance 8pm	Pilates 7.50pm									



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