



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			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					

MERRY CHRISTMAS



Waterloo Class Timetable

Christmas 2025

MON 29th	TUES 30th	WED 31st	THUR 1st	Fri 2nd	SAT 3rd	SUN 4th	
6AM - 4PM	6AM- 4PM	6AM- 4PM	CLOSED	6AM-9PM	7.30AM- 9PM	7.30AM- 9PM	
Hatha Yoga 9am	Pilates 8.30am	Pilates 8am	H	All classes back to normal from the 2nd of January 2026			
Strength & tone 9.15am	Body Pump 9.15am	Body Tone 9.15am	A	All classes back to normal from the 2nd of January 2026			
Waterworks 9.30am	This girl Still can 9.30am	Pilates 9.15am	P	All classes back to normal from the 2nd of January 2026			
Body Attack 10.30am	Zumba 10.10am	Aqua Zumba 9.30am	Y	All classes back to normal from the 2nd of January 2026			
Body Balance 10.45am	Pilates for life 10.15am	Body Combat 10.05am	N	All classes back to normal from the 2nd of January 2026			
Shapes 11.30am	LBT 11am	Yoga Flow 10.45am	E	All classes back to normal from the 2nd of January 2026			
	Body Balance 11am	Shapes 11.10am	W	All classes back to normal from the 2nd of January 2026			
	Pilates 12.05pm		Y	All classes back to normal from the 2nd of January 2026			
			E	All classes back to normal from the 2nd of January 2026			
			A	All classes back to normal from the 2nd of January 2026			
			R	All classes back to normal from the 2nd of January 2026			