



# Havant Class Timetable



Christmas 2025



MON 22nd 6AM- 4PM	TUES 23rd 6AM- 4PM	WED 24th 6AM- 4PM	THUR 25th CLOSED	Fri 26th CLOSED	Sat 29th 7.30am-4pm	SUN 28th 7.30AM- 4PM
Body Pump 9.15am	Body Balance 7am	Performance Ride 6.45am	M E R R Y	C H R I S T M A S	Body Pump 8.15am	Sprint Virtual 8am
Pilates 9.15am	Shapes 8am	Pilates forl ife 8.30am			RPM 9am	Performance Ride 9am
Virtual RPM 9.30am	Body Combat 9am	Body Pump 9.15am			Body Combat 9.30am	LBT 9am
Yoga 10.15am	Pilates 9am	Body Balance 9.30am			Body Balance 10.15am	
Virtual Sprint 12.15pm	Revolution Ride 9.30am	Pilates 10.30am				
Pilates 5.45pm	Waterworks 9.30am	Over 50's 11.30am				
RPM 6pm	The Trip (Virtual) 5pm					
Body Pump 6.35pm	Performance Ride 6pm					
Body Balance 6.50pm	Power Yoga 6pm					
The Trip (Virtual) 7.45pm	Pilates 7pm					



Havant Class Timetable



Christmas 2025



MON 29th 6AM- 4PM	TUES 30th 6AM- 4PM	WED 31st 6AM- 4PM	THUR 1st CLOSED	Fri 2nd 6AM-9PM	SAT 3rd 7.30AM-9PM	SUN 4th 7.30AM-9PM
Body Pump 9.15am	Body Balance 7am	Performance ride 6.45am	H A P P Y  N E W  Y E A R	All classes back to normal from the 2nd of January 2026		
Pilates 9.15am	Shapes 8am	Pilates for life 8.30am				
Virtual RPM 9.30am	Body Combat 9am	Body Balance 9.30am				
10am Yoga	Cycle 9.30am	Strength & Tone 10.30am				
Virtual Sprint 12.15pm	Waterworks 9.30am	Pilates 10.30am				
	Virtual Sprint 12.15pm	Over 50s 11.30am				
	Virtual RPM 1.30pm	Virtual RPM 12.15pm				