

# CHRISTMAS TIMETABLE

## FITNESS CLASS & SPIN STUDIO 2024/25

### WEDNESDAY 18 TO MONDAY 23 DECEMBER

Normal programme available

### TUESDAY 24 DECEMBER

9.00am Indoor Cycling	Studio 1
10.00am Body Pump	Studio 2
10:15am The Trip*	Studio 1
11.00am Pilates	Studio 2
12.30pm Sprint*	Studio 1

### WEDNESDAY 25 DECEMBER

Centre Closed

### THURSDAY 26 DECEMBER

Centre Closed

### FRIDAY 27 DECEMBER

9.00am RPM*	Studio 1
9.00am Flow Yoga	Studio 2
10.00am Body Conditioning	Studio 2
10.15am The Trip*	Studio 1
11.00am Pilates	Studio 2
12.30pm Sprint*	Studio 1
2.00pm RPM*	Studio 1
5.00pm Sprint*	Studio 1
6.00pm The Trip*	Studio 1

### SATURDAY 28 DECEMBER

9.00am RPM*	Studio 1
9.00am Legs Bums & Tums	Studio 2
10.00am Stretch and Tone	Studio 2
10.30am RPM*	Studio 1
11.00am Pilates	Studio 2
11.30am The Trip*	Studio 1
2.00pm Sprint*	Studio 1
3.00pm The Trip*	Studio 1

### SUNDAY 29 DECEMBER

9.00am HIIT	Studio 2
10.00am Indoor Cycling	Studio 1
11.00am Pilates	Studio 2
11.30am The Trip*	Studio 1
2.00pm Sprint*	Studio 1
3.00pm The Trip*	Studio 1

### MONDAY 30 DECEMBER

9.00am Body Pump	Studio 2
9.15am RPM*	Studio 1
10.00am Body Conditioning	Studio 2
10.15am The Trip*	Studio 1
11.00am Pilates	Studio 2
12.30pm Sprint*	Studio 1
2.00pm RPM*	Studio 1
5.00pm Sprint*	Studio 1
6.00pm The Trip*	Studio 1

### MONDAY 30 DECEMBER (CONT)

6.00pm Power Yoga	Studio 2
7.00pm RPM*	Studio 1
7.10pm Kettlebells	Studio 2

### TUESDAY 31 DECEMBER

9.00am Indoor Cycling	Studio 1
10.00am Body Pump	Studio 2
10.15am The Trip*	Studio 1
11.00am Pilates	Studio 2
12.30pm Sprint*	Studio 1

### WEDNESDAY 1 JANUARY

Centre Closed

### THURSDAY 2 AND FRIDAY 3 JANUARY

Normal programme available

\* Virtual class



## SHENE SPORTS & FITNESS CENTRE

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 LONDON BOROUGH OF  
RICHMOND UPON THAMES