

GYM OPENING HOURS & TEMPORARY CLASS TIMETABLE Monday 7th – Friday 18th December

Monday

Gym open 08:30 – 21:00

	Class	Instructor	Room
10:00 – 11:00	Barre Fit	Katy	MR1&2
17:30 – 18:15	Pole Fit	Hazel/James	Studio

Tuesday

Gym open 08:30 – 21:00

	Class	Instructor	Room
18:00 – 18:45	Step Aerobics	Aymen	MR1&2
19:00 – 19:45	Street Dance	Martyna	MR1&2

Wednesday

Gym open 08:30 – 21:00

	Class	Instructor	Room
11:00 – 12:00	Pilates	Su Kim	MR1&2

Thursday

Gym open 08:30 – 21:00

	Class	Instructor	Room
10:00 – 10:45	Dance Aerobics	Katy	MR1&2
18:15 – 19:00	Zumba	Kazumi	MR1&2

Friday

Gym open 08:30 – 19:00

	Class	Instructor	Room
12:30 – 13:30	Sivananda Yoga	Yolande	MR1&2
18:00 – 19:00	Yoga	Ieva	MR1&2

Saturday and Sunday

Gym open 08:00 – 13:00

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.