

# CHRISTMAS OPENING HOURS



Date	Pool and Fitness Suite Opening Hours	Exercise Classes
Monday 17 <sup>th</sup> December	4pm – 9.45pm Adult Swim 9.00pm – 9.45pm	Normal Programme
Tuesday 18 <sup>th</sup> December to Friday 21 <sup>st</sup> December	7am – 9am and 4pm – 9.45pm Adult Swim 7am-8am & 9pm-9.45pm Pool closed 8.15pm-9pm Aqua Fit on Tuesday and Thursday	Normal Programme
Saturday 22 <sup>nd</sup> December	8.15am – 7.00pm Adult Swim 8.15am-9.30am	Normal Programme
Sunday 23 <sup>rd</sup> December	8.15am – 6.45pm Adult Swim 8.15am-9.30am	Normal Programme
Monday 24 <sup>th</sup> December	7am to 2pm Adult Swim 7am-8am Pool closed 9.30am-10.15am Aqua Fit	8.30am Group Cycle 9.30am Body tone 9.30am Aqua Fit
Tuesday 25 <sup>th</sup> December	Closed	
Wednesday 26 <sup>th</sup> December	Closed	
Thursday 27 <sup>th</sup> December to Friday 28 <sup>th</sup> December	7am to 9am and 4pm to 10pm Adult Swim 7am-8am & 9pm-9.45pm Pool closed 8.15pm-9pm for Aqua Fit on Thursday	Normal Programme
Saturday 29 <sup>th</sup> December	8.15am to 7pm Adult Swim 8.15am-9.30am	8.15am Group Cycle 9.00am Pilates 9.00am Cardio Burn
Sunday 30 <sup>th</sup> December	8.15am to 6.45pm Adult Swim 8.15am-9.30am	Normal Programme
Monday 31 <sup>st</sup> December	7am to 2pm Adult Swim 7am-8am Pool closed 10.45am-11.30am Aqua Fit	8.30am Group Cycle 9.30am Body Bar 10.45am Aqua Fit
Tuesday 1 <sup>st</sup> January	Closed	
Wednesday 2 <sup>nd</sup> January to Friday 4 <sup>th</sup> January	7am to 9am and 4pm to 9.45pm Adult Swim 7am-8am & 9pm-9.45pm	Normal Programme
Saturday 5 <sup>th</sup> January	8.15am to 7pm Adult Swim 8.15am-9.30am	Normal Programme
Sunday 6 <sup>th</sup> January	8.15am to 6.45pm Adult Swim 8.15am-9.30am	Normal Programme