

Sat 24th December	Instructor	Time	Venue	Ability
Studio Cycling	Nicki	08.15 - 9.00	Studio 2	☹☹☹
Step	Jane G	08.30 - 09.00	Studio 1	☹☹
Studio Cycling	Nicki	09.00 - 09.45	Studio 2	☹☹☹
Core	Jane G	09.05 - 09.35	Studio 1	☹☹
Blitz in 30	Jane G	09.45 - 10.15	Studio 1	☹☹☹
Kettlebell	Stuart	10.00 - 10.45	Studio 2	☹☹
Body Combat	Gemma	10.30 - 11.30	Studio 1	☹☹☹
Tuesday 27th December	Instructor	Time	Venue	Ability
Studio Cycling	Brian	07.00 - 07.45	Studio 2	☹☹☹
Step	Jane G	08.30 - 09.00	Studio 1	☹☹
Boogie Bounce	Jane G	09.00 - 09.30	Studio 1	☹☹
Core	Jane G	10.00 - 10.30	Studio 1	☹☹
Christmas Blitz	Jane G	10.30 - 11.00	Studio 1	☹☹☹
Dynamic Stretch	Jane G	11.00 - 11.30	Studio 1	☹
Wednesday 28th December	Instructor	Time	Venue	Ability
Studio Cycling	Jane G	08.00 - 08.45	Studio 2	☹☹☹
Boogie Revolution	Jane G	09.15 - 09.45	Studio 1	☹☹
Step	Jane G	10.00 - 10.30	Studio 1	☹☹
Core	Jane G	10.30 - 11.00	Studio 1	☹☹
Circuits	Jason	18.00 - 19.00	Studio 1	☹☹☹
Thursday 29th December	Instructor	Time	Venue	Ability
HiiT	Stuart	09.30 - 10.00	Studio 1	☹☹☹
Circuits	Jason	18.00 - 19.00	Studio 1	☹☹☹
Kettlebell	Stuart	18.00 - 18.45	Studio 2	☹☹
Body Combat	Kim	19.00 - 20.00	Studio 1	☹☹☹
Core	Kim	20.00 - 20.30	Studio 1	☹☹
Friday 30th December	Instructor	Time	Venue	Ability
Aerobics	Gemma	09.15 - 10.15	Studio 1	☹☹

The Staff at Honiton Leisure would like to wish all our customers a very *Happy Christmas* and a fit and healthy **New Year!**

- Cardio
- High Intensity
- Functional Conditioning
- Pool
- Dance
- Mind & Body
- Strength & Conditioning
- Specialised

Booking Information:

Late cancellations and no-shows cause valuable spaces within classes to be lost and made unavailable for those who wish to attend.

'Unlimited' members will be able to book up to 8 days in advance. Aqua members / PAYG members and non-members will be able to book up to 7 days in advance.



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This timetable is correct at the time of publishing, however, the timetable is subject to changes. For daily information contact reception for more details.

Payment is required for the activity upon booking. Please note that classes are subject to change.

Please arrive early for class. Late arrivals may be turned away!