

CHRISTMAS/NEW YEAR TIMETABLE

Staffed Hours Kids Club

17/12/2018	18/12/2018	19/12/2018	20/12/2018	21/12/2018	22/12/2018	23/12/2018
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30am-7.00pm	5.30am-7.00pm	5.30am-8.00pm	5.30am-7.00pm	5.30am-7.00pm	8.00am-12.00pm	9.00am-12.00pm
9.00am-12.00pm	9.00am-12.00pm 3.30pm-6.30pm	9.00am-12.00pm 3.30pm-6.30pm	9.00am-12.00pm 3.30pm-6.30pm	9.00am-12.00pm	8.00am-12.00pm	
5.45am Boxing 7.00am MX4 9.30am Barre 10.40am Yagalates 4.30pm Pilates 5.30pm RPM	5.45am RPM 9.00am MX4 9.30am BodyPump 10.40am Pilates 5.30pm Grit Strength 6.00pm Grit Cardio	5.45am BodyPump 9.00am MX4 9.30am MX4 9.30am RPM 10.40am Yoga 5.30pm BodyPump	5.45am Grit 6.15am Core 9.30am BodyPump 10.40am Pilates 12.00pm MX4 5.30pm BodyPump 6.00pm Boxing	9.30am Yoga 10.30am MX4	8.00am RPM 9.00am BodyPump 10.00am Pilates	9.30am Yoga

Staffed Hours Kids Club

24/12/2018	25/12/2018	26/12/2018	27/12/2018	28/12/2018	29/12/2018	30/12/2018
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00am-12.00pm	CLOSED	CLOSED	9.00am-12.00pm	9.00am-12.00pm	9.00am-12.00pm	9.00am-12.00pm
9.30am RPM	Merry Christmas!	Boxing Day	9.30am BodyPump	9.30am RPM	9.00am RPM 10.00am BodyPump	9.30am Yoga

Staffed Hours Kids Club

31/12/2018	1/01/2019	2/01/2019	3/01/2019	4/01/2019	5/01/2019	6/01/2019
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00am-12.00pm	CLOSED	7.00am-12.00pm	7.00am-12.00pm	7.00am-12.00pm	8.00am-12.00pm	8.00am-12.00pm
9.30am RPM	Happy New Year!	9.00am-12.00pm 9.00am MX4 9.30am MX4 9.30am RPM 10.40am Yoga	9.00am-12.00pm 9.30am BodyPump 10.40am Pilates	9.00am-12.00pm 9.30am Yoga	8.00am RPM 9.00am BodyPump 10.00am Pilates	8.00am Grit Strength 8.30am Grit Cardio 8.30am RPM 9.30am Yoga



CHRISTMAS/NEW YEAR TIMETABLE

Staffed Hours
Kids Club

7/01/2019	8/01/2019	9/01/2019	10/01/2019	11/01/2019	12/01/2019	13/01/2019
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30am-7.30pm	5.30am-7.30pm	5.30am-7.30pm	5.30am-7.30pm	5.30am-7.30pm	7.30am-6.00pm	7.30am-4.00pm
9.00am-12.00pm	9.00am-12.00pm 3.30pm-6.30pm	9.00am-12.00pm 3.30pm-6.30pm	9.00am-12.00pm 3.30pm-6.30pm	9.00am-12.00pm	8.00am-12.00pm	
5.45am Boxing 7.00am MX4 9.30am RPM 9.30am Barre 10.40am Yogalates 4.30pm Pilates 5.30pm RPM 6.30pm BodyPump	5.45am RPM 9.30am BodyPump 10.40am Pilates 12.00pm MX4 12.30pm Grit Strength 6.00pm RPM 6.30pm Grit Strength 7.00pm Grit Cardio	5.45am BodyPump 9.00am MX4 9.30am MX4 9.30am RPM 9.30am Aerobics 10.00am Core 10.40am Yoga 5.45pm BodyPump 6.00pm Boxing	5.45am Grit 6.15am Core 9.30am BodyPump 10.40am Pilates 12.00pm MX4 5.30pm BodyPump 6.00pm Boxing	5.45am RPM 5.45am MX4 6.15am MX4 9.30am Yoga 10.30am MX4 12.30p Grit Strength	7.30am MX4 8.00am MX4 8.00am RPM 9.00am BodyPump 10.00am Pilates	8.00am Grit Strength 8.00am Grit Cardio 8.30am RPM 9.30am Yoga

**THE TEAM AT YMCA BOWEN HILLS WISH YOU A MERRY CHRISTMAS AND A
HAPPY NEW YEAR!**

KEEP AN EYE OUT FOR OUR NEW TIMETABLE LAUNCHING JANUARY 14TH 2019!

