

# Christmas Fitness Timetable HHLC



**Friday 21<sup>st</sup> December –  
Closed**

**Saturday 22<sup>nd</sup> December –**

08:30 BODYPUMP  
09:15 PILATES  
09:30 BODYCOMBAT  
09:30 INDOOR CYCLING 45  
10:30 BLT

**Sunday 23<sup>rd</sup> December –**

08:45 GRIT SERIES  
09:30 INDOOR CYCLING 45  
10:30 BODYPUMP

**Monday 24<sup>th</sup> December –  
Closed**

**Tuesday 25<sup>th</sup> December –  
Closed**

**Wednesday 26<sup>th</sup> – Closed**

**Thursday 27<sup>th</sup> December –**

09:15 INDOOR CYCLING 45  
09:30 AQUA FIT  
(LADIES ONLY)  
10:15 50+ AEROBICS  
17:30 GRIT SERIES  
17:45 INDOOR CYCLING 45  
18:00 BODYCOMBAT

**Friday 28<sup>th</sup> December –**

09:15 BODYPUMP  
09:30 FUNCTIONAL  
10:15 INDOOR CYCLING 45  
13:30 VIRTUAL CYCLING  
17:30 SPRINT  
18:00 GRIT STRENGTH  
18:00 INDOOR CYCLING 45

**Saturday 29<sup>th</sup> December –**

08:30 BODYPUMP  
09:15 PILATES  
09:30 BODYCOMBAT  
09:30 INDOOR CYCLING 45  
10:30 BLT

**Sunday 30<sup>th</sup> December –**

08:45 GRIT SERIES  
09:30 INDOOR CYCLING 45  
10:30 BODYPUMP



[www.slt-leisure.co.uk](http://www.slt-leisure.co.uk)

0300 012 0121

# Christmas Fitness Timetable HHLC



## Monday 31<sup>st</sup> December –

09:15 INDOOR CYCLING 45  
09:30 FUNCTIONAL  
10:00 50+ AEROBICS  
11:00 FITNESS YOGA  
12:15 VIRTUAL CYCLING  
15:30 GRIT

## Tuesday 1<sup>st</sup> January –

**Closed**



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0300 012 0121