Swallows Christmas Aerobics Timetable

Tuesday 1st Dec	
Time	Class
9.00am	Active life 50+
10.00am	Attack+tone
11.00am	Balance
6.00pm	Pilates(begin)
7.00pm	Pump
8.00pm	Combat

Wednesday 2nd Dec	
Time	Class
9.00am	Phase IV
9.30am	Pilates 50+
10.30am	Attack
10.30am	Aquatherapy
11.30am	Aquatherapy
6.00pm	Dance Jam
7.00pm	Step
20.00pm	Yoga

Thursday 3rd Dec	
Time	Class
9.00am	Active Life 50+
10.00am	Conditioning
10.30am	Phase IV
11.00am	NYC Ballet
12.00pm	Hatha yoga
7.00pm	Attack+Tone
8.00pm	Tums+Bums
7.05pm	Aqua

Friday 4th Dec	
Time	Class
9.00am	50+stretch+tone
10.00am	Pump
10.00am	Aquatherapy
11.00am	Aquatherapy
11.00am	Balance
6.00pm	Combat
7.00pm	Pump

Saturday 5th Dec	
Time	Class
9.00am	Pump
10.00am	Balance

Sunday 6th Dec	
Time	Class
9.00am	Pilates
10.00am	Combat

Monday 7th Dec	
Time	Class
9.30am	50+ Yoga
10.30am	Conditioning
6.00pm	Pump
7.00pm	Pilates
7.00pm	Tums+Bums
8.00pm	Circuits
8.00pm	Yoga

Tuesday 8th Dec	
Time	Class
9.00am	Active life 50+
10.00am	Attack+tone
11.00am	Balance
6.00pm	Pilates(begin)
7.00pm	Pump
8.00pm	Combat

Wednesday 9th Dec	
Time	Class
9.00am	Phase IV
9.30am	Pilates 50+
10.30am	Attack
10.30am	Aquatherapy
11.30am	Aquatherapy
7.00pm	Step
20.00pm	Yoga

Thursday 10th Dec	
Time	Class
9.00am	Active Life 50+
10.00am	Conditioning
10.30am	Phase IV
7.00pm	Attack+Tone
8.00pm	Combat
7.05pm	Aqua

Friday 11th Dec	
Time	Class
10.00am	Pump
10.00am	Aquatherapy
11.00am	Aquatherapy
11.00am	Balance
6.00pm	Combat
7.00pm	Pump

Saturday 12th Dec	
Time	Class
10.00am	Balance

Sunday 13th Dec	
Time	Class
10.00am	Combat

Monday 14th Dec	
Time	Class
9.30am	50+ Yoga
10.30am	Conditioning
7.00pm	Pilates
7.00pm	Tums+Bums
8.00pm	Circuits
8.00pm	Yoga

Tuesday 15th Dec	
Time	Class
9.00am	Active life 50+
10.00am	Attack+tone
11.00am	Balance
6.00pm	Pilates(begin)
7.00pm	Pump
8.00pm	Combat

Wednesday 16th Dec	
Time	Class
9.00am	Phase IV
9.30am	Pilates 50+
10.30am	Attack
10.30am	Aquatherapy
11.30am	Aquatherapy
7.00pm	Step
20.00pm	Yoga

Thursday 17th Dec	
Time	Class
9.00am	Active Life 50+
10.30am	Phase IV
7.00pm	Attack+Tone
8.00pm	Combat
7.05pm	Aqua

Friday 18th Dec	
Time	Class
10.00am	Pump
10.00am	Aquatherapy
11.00am	Aquatherapy
11.00am	Balance
6.00pm	Combat
7.00pm	Pump

Saturday 19th Dec	
Time	Class
10.00am	Balance

Sunday 20th Dec	
Time	Class
10.00am	Combat

Monday 21st Dec	
Time	Class
9.30am	50+ Yoga
7.00pm	Tums+Bums
8.00pm	Circuits
8.00pm	Yoga

Tuesday 22nd Dec	
Time	Class
9.00am	Active life 50+
10.00am	Attack+tone
8.00pm	Combat

Wednesday 23rd Dec	
Time	Class
9.00am	Phase IV
10.30am	Aquatherapy
11.30am	Aquatherapy
20.00pm	Yoga

Thursday 24th Dec	
Time	Class
10.30am	Phase IV

Friday 25th Dec	
Time	Class
No Classes	

Saturday 26th Dec	
Time	Class
No Classes	

Sunday 27th Dec	
Time	Class
No Classes	

Monday 28th Dec	
Time	Class
No Classes	

Tuesday 29th Dec	
Time	Class
No Classes	

Wednesday 30st Dec	
Time	Class
9.00am	Phase IV

Thursday 31st Dec	
Time	Class
10.30am	Phase IV

Friday 1st Jan	
Time	Class
No Classes	

Saturday 2nd Jan	
Time	Class
No Classes	

Sunday 3rd Jan	
Time	Class
No Classes	

Classes back from 4th Jan