



**WISHING EVERYONE A FIT & FESTIVE CHRISTMAS AND
A HAPPY & HEALTHY NEW YEAR FROM THE KINCUMBER GYM TEAM**



KINCUMBER GYM	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
	23rd Dec	24th Dec	25th Dec	26th Dec	27th Dec	28th Dec	29th Dec	30th Dec	31st Dec	1st Jan	2nd Jan	3rd Jan	4th Jan	5th Jan		
7:00am		Stretch Natalia	CHRISTMAS DAY - NO CLASSES	BOXING DAY - NO CLASSES					Stretch Natalia	NEW YEARS DAY - NO CLASSES						
7:45am					Seniors Cardio Ann T								Seniors Cardio Ann T			
8:25am						Pump Mark									Pump Mark	
9:00am						Pump Mark							Box Fit Mark	Pump Kathleen		
9:15am	Pump Mark								Pump Mark							Cycle Jody
9:30am		Cycle Mark					Box Fit Mark					Cycle Mark				Box Fit Mark
9:45am						Cycle Mark								Cycle Kathleen		
10:00am												11:00am	Pilates Maureen			
10:30am	Yoga Mike	Yoga Mike				Yin Yoga Anne	Pilates Maureen				Yoga Mike	Yoga Mike		Yin Yoga Anne	Pilates Maureen	
4:00pm													Yoga Mike			
4:15pm		Seniors Yoga Mike							Seniors Yoga Mike							
5:00pm	Yoga Mike							Yoga Mike								
5:15pm					Yoga Mike						Yoga Mike					
5:30pm																
6:00pm											Cycle Mark					

