

# STUDIO 1 CHRISTMAS 2024

	Monday 23rd	Tuesday 24th	Wed 25th	Thur 26th	Friday 27th	Saturday 28th	Sunday 29th	Mon 30th	Tues 31st	Wed 1st		
6AM - 10AM	<p><u>Spinning</u> 6:40am – 7:25am Kieren</p> <p><u>Pilates</u> 9:10am – 9:55am Jackie</p>	<p><u>Les Mills Body Pump</u> 9:10am – 9:55am Kristy</p>	<p>C L O S E D</p>		<p><u>Spinning</u> 7:15am – 8am Kieren</p> <p><u>Les Body Balance</u> 8am – 9am Sara</p> <p><u>Pilates</u> 9:05am – 9:50am Sara</p>	<p><u>Spinning</u> 7:30am – 8am Jo</p> <p><u>Les Mills Body Balance</u> 8:05am – 9:05am Jo</p> <p><u>Les Mills Body Pump</u> 9:10am – 9:55am Sara</p>	<p><u>Spinning</u> 8 – 8:45am Gemma</p> <p><u>Spinning</u> 9 – 9:45am Gemma</p>	<p><u>Spinning</u> 7:15am – 8am Kieren</p> <p><u>Pilates</u> 9:10am – 9:55am Jackie</p>	<p><u>Les Mills Body Pump</u> 9:10am – 9:55am Kristy</p>	<p>C L O S E D</p>		
10AM - 5PM	<p><u>Legs/Bums/Tums</u> 10am – 10:45am Jackie</p> <p><u>Beginners Pilates</u> 10:50am – 11:35am Jackie</p> <p><u>Zumba</u> 11:40am – 12:25pm Aimee</p> <p><u>Circl Mobility</u> 12:30pm – 1pm Aimee</p> <p><u>Spinning</u> 1:30pm – 2:15pm Kieren</p>	<p><u>Body Conditioning</u> 10am – 10:45am Kristy</p> <p><u>Pilates</u> 10:50am – 11:35am Kristy</p> <p><u>Zumba Gold</u> 11:40am – 12:25pm Aimee</p> <p><u>Chair Zumba</u> 12:30pm – 1:15pm Aimee</p> <p><u>Dru Yoga</u> 2pm – 3:15pm Carole</p>			<p><u>Body Conditioning</u> 10am – 10:45am Kayla</p> <p><u>Callanetics &amp; Stretch</u> 10:50am – 11:35am Kayla</p> <p><u>Zumba Gold</u> 11:40am – 12:25pm Aimee</p> <p><u>Chair Conditioning</u> 12:30pm – 1:15pm Kieren</p> <p><u>Spinning</u> 1:30pm – 2:15pm Kieren</p>	<p><u>Les Mills Body Combat</u> 10am – 11am Sara</p> <p><u>Pilates</u> 11:15am – 12:15pm Gill</p> <p><u>Hatha Yoga</u> 12:30pm – 1:15pm Gill</p>	<p><u>Les Mills Body Pump</u> 10am – 11am Gemma</p>	<p><u>Legs/Bums/Tums</u> 10am – 10:45am Jackie</p> <p><u>Beginners Pilates</u> 10:50am – 11:35am Jackie</p> <p><u>Zumba</u> 11:40am – 12:25pm Aimee</p> <p><u>Circl Mobility</u> 12:30pm – 1pm Aimee</p> <p><u>Spinning</u> 1:30pm – 2:15pm Kieren</p>	<p><u>Body Conditioning</u> 10am – 10:45am Kristy</p> <p><u>Pilates</u> 10:50am – 11:35am Kristy</p> <p><u>Zumba Gold</u> 11:40am – 12:25pm Aimee</p> <p><u>Chair Zumba</u> 12:30pm – 1:15pm Aimee</p> <p><u>Dru Yoga</u> 2pm – 3:15pm Carole</p>			
5PM - 9PM	<p><u>Pilates</u> 5:10pm – 5:55pm Jackie</p> <p><u>Spinning</u> 6pm – 6:45pm Gemma</p> <p><u>Les Mills Body Pump</u> 6:55pm – 7:40pm Gemma</p> <p><u>Band Blitz</u> 7:50pm – 8:35pm Adele</p>						<p><u>Body Weight Blast</u> 5:10pm – 5:55pm Dan</p> <p><u>Les Mills Body Pump</u> 6pm – 6:45pm Gemma</p> <p><u>Spinning</u> 7pm – 7:45pm Gemma</p>	<p>All classes have a zoom option available. Email: <a href="mailto:Studio@riverhills.co.uk">Studio@riverhills.co.uk</a></p> <p>Studio 1 Zoom ID – 766 363 3849 Password: Riverhills</p>	<p><u>Pilates</u> 5:10pm – 5:55pm Jackie</p> <p><u>Spinning</u> 6pm – 6:45pm Gemma</p> <p><u>Les Mills Body Pump</u> 6:55pm – 7:40pm Gemma</p>			

\*Timetable for Dec 24, Subject to change