

LAMBTON
HOLIDAY
TIMETABLE

Date	Club Opening Hours	Classes
Friday December 24th	5am-6pm	6:00AM HIIT 8:30AM PF ACTIVE
Saturday December 25th	CLOSED	CLOSED
Sunday December 26th	CLOSED	CLOSED
Monday December 27th	6am-9pm	NO CLASSES
Tuesday December 28th	6am-9pm	9:30AM BODY PUMP 5:30PM BOOTY AND CORE 6:30PM YOGA
Wednesday December 29th	6am-9pm	8:30AM PF ACTIVE 10:30AM PILATES 5:30PM BODY ATTACK
Thursday December 30th	6am-9pm	9:30AM BODY PUMP 5:30PM BODY COMBAT 6:30PM PF BALANCE
Friday December 31st	6am-7pm	6:00AM HIIT 8:30AM PF ACTIVE
Saturday January 1st	CLOSED	CLOSED
Sunday January 2nd	8am-6pm	NO CLASSES
Monday January 3rd	6am-9pm	8:30AM CARDIO BLAST 5:30PM BODY PUMP
Tuesday January 4th	5am-11pm	9:30AM BODY PUMP 5:30PM BOOTY AND CORE 6:30PM YOGA
Wednesday January 5th	5am-11pm	8:30AM PF ACTIVE 10:30AM PILATES 5:30PM BODY ATTACK 6:30PM BODY PUMP
Thursday January 6th	5am-11pm	9:30AM BODY PUMP 5:30PM BODY COMBAT 6:30PM PF BALANCE
Friday January 7th	5am-11pm	6:00AM HIIT 8:30AM PF ACTIVE 5:30PM BODY PUMP
Saturday January 8th	7am-7pm	8:15AM BODY PUMP 9:30AM BOXING 10:30AM YOGA
Sunday January 9th	7am-7pm	4:00PM YIN YOGA
NORMAL URTH TRAINING TIMETABLE COMMENCES FROM JANUARY 10TH		