



Festive Fitness 2017



	Wednesday 27th December	Thursday 28th December	Friday 29th December	Saturday 30th December
CLYDEBANK LEISURE CENTRE	Hips, Bums & Tums 10.15am - 11.15am Body Pump 11.30am - 12.30pm Spin 12.45pm - 1.30pm	Spin 10.30am - 11.15am Body Pump 11.30am - 12.30pm	Body Pump 10.30am - 11.30am Spin 12.00pm - 12.45pm PIYO 1.00pm - 2.00pm	Metafit 10.15am - 10.45am Body Pump 11.00am - 11.45pm Spin 12.00pm - 12.45pm
MEADOW CENTRE	Kettlercise 10.15am - 11.15am Spin 11.30am - 12.15pm Metafit 12.15pm - 12.45pm	Boxercise 10.30am - 11.30am Spin 12.00pm - 12.45pm	Core Strength 10.30am - 11.15am Spin 11.30am - 12.15pm Metafit 12.15pm - 12.45pm	Metafit 10.30am - 11.00am Spin 11.00am - 11.45pm Pilates 11.30am - 12.30pm
VALE POOL	20,20,20 10.30am - 11.30am Spin 11.30am - 12.15pm	Spin 10.15am - 11.00am Express Pump 11.00am - 11.30am Express Step 11.30am - 12.15pm	Spin 10.15am - 11.00am Circuits 11.00am - 12.00pm	Pilates 10.00am - 11.00am Spin 10.15am - 11.00am Kettlercise 11.00am - 12.00pm



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