



LES QUENNEVAIS

CHRISTMAS TIMETABLE

DATE	CLASS	INSTRUCTOR	STUDIO	TIME
23/12/2024	BoxFit	Taylor Cairns	Dance	06:45
23/12/2024	Muscle Pump	Carol Wood	Dance	09:30
23/12/2024	Spinning	Sam Horsfall	Spin	09:30
23/12/2024	Pilates	Carol Wood	Dance	10:30
23/12/2024	Gentle Circuits	Dan Worley	Sports Hall	12:00
23/12/2024	Spinning	Emmi Brown	Spin	17:30
23/12/2024	Pilates	Sheila Bond	Dance	17:45
23/12/2024	Vinyasa Yoga	Tina Ellis- Brecknell	Dance	18:45
24/12/2024	Yoga	Jane Hamilton	Dance	08:15
24/12/2024	Body Circuit	Mandy Philips	Sports Hall	08:30
24/12/2024	Spinning	Aly Bellee	Spin	09:30
24/12/2024	Muscle Pump	Vicky Barratt	Dance	09:30



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DATE	CLASS	INSTRUCTOR	STUDIO	TIME
27/12/2024	Functional Fitness	Josh Clayson	Sports Hall	06:45
27/12/2024	Yoga	Jane Hamilton	Dance	09:15
27/12/2024	Body Sculpt	Caroline Nicole-Brian	Sports Hall	09:30
27/12/2024	Spinning	Vicky Barratt	Spin	09:30
27/12/2024	Pilates	Caroline Nicole-Brian	Dance	10:30
27/12/2024	Pilates	Carol Wood	Dance	12:30
27/12/2024	Gentle Circuits	Active Instructor	Sports Hall	14:00
27/12/2024	Spinning	Sheila Bond	Spin	17:45
28/12/2024	BoxFit Technique	Active Instructor	Dance	08:15



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DATE	CLASS	INSTRUCTOR	STUDIO	TIME
28/12/2024	BoxFit	Dom Jagla	Dance	08:30
28/12/2024	Spinning	Vicky Barratt	Spin	09:30
28/12/2024	Body Sculpt	Caroline Nicole- Brian	Dance	09:30
28/12/2024	Yogalates	Caroline Nicole- Brian	Dance	10:30
29/12/2024	Muscle Pump	Carol Wood	Dance	09:00
29/12/2024	Circuits	Active Instructor	Sports Hall	09:30
29/12/2024	Pilates	Carol Wood	Dance	10:00
29/12/2024	Pilates	Carol Wood	Dance	11:00
30/12/2024	BoxFit	Taylor Cairns	Dance	06:45
30/12/2024	Muscle Pump	Carol Wood	Dance	09:30
30/12/2024	Spinning	Sam Horsfall	Spin	09:30



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DATE	CLASS	INSTRUCTOR	STUDIO	TIME
30/12/2024	Pilates	Carol Wood	Dance	10:30
30/12/2024	Gentle Circuits	Dan Worley	Sports Hall	12:00
30/12/2024	Spinning	Emmi Brown	Spin	17:30
30/12/2024	Pilates	Sheila Bond	Dance	17:45
30/12/2024	Vinyasa Yoga	Tina Ellis- Brecknell	Dance	18:45
31/12/2024	Yoga	Jane Hamilton	Dance	08:15
31/12/2024	Body Circuit	Mandy Philips	Sports Hall	08:30
31/12/2024	Spinning	Aly Bellee	Spin	09:30
31/12/2024	Muscle Pump	Vicky Barratt	Dance	09:30
31/12/2024	Barre	Lucy Goddard	Dance	10:30
02/01/2025	Body Circuit	Mandy Philips	Sports Hall	08:30



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DATE	CLASS	INSTRUCTOR	STUDIO	TIME
02/01/2025	Spinning	Vicky Barratt	Spin	09:30
02/01/2025	Muscle Pump	Vicky Barratt	Dance	10:30
02/01/2025	Yoga	Kat Keelan	Dance	11:30
02/01/2025	Gentle Circuits	Cherry Hansford	Sports Hall	12:00
02/01/2025	Pilates	Sheila Bond	Dance	17:00
02/01/2025	Modern Circuits	Taylor Cairns	Sports Hall	18:00
03/01/2025	Functional Fitness	Josh Clayson	Sports Hall	06:45
03/01/2025	Body Sculpt	Caroline Nicole- Brian	Sports Hall	09:30
03/01/2025	Spinning	Vicky Barratt	Spin	09:30



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DATE	CLASS	INSTRUCTOR	STUDIO	TIME
03/01/2025	Pilates	Caroline Nicole- Brian	Dance	10:30
03/01/2025	Pilates	Lucy Goddard	Dance	12:00
03/01/2025	Gentle Circuits	Active Instructor	Sports Hall	14:00
03/01/2025	Spinning	Sheila Bond	Spin	17:45
04/01/2025	BoxFit Technique	Active Instructor	Dance	08:15
04/01/2025	BoxFit	Dom Jagla	Dance	08:30
04/01/2025	Spinning	Vicky Barratt	Spin	09:30
04/01/2025	Body Sculpt	Caroline Nicole- Brian	Dance	09:30
04/01/2025	Yogalates	Caroline Nicole- Brian	Dance	10:30



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CHRISTMAS TIMETABLE

DATE	CLASS	INSTRUCTOR	STUDIO	TIME
05/01/2025	Muscle Pump	Carol Wood	Dance	09:00
05/01/2025	Circuits	Active Instructor	Sports Hall	09:30
05/01/2025	Pilates	Carol Wood	Dance	10:00
05/01/2025	Pilates	Carol Wood	Dance	11:00