



SPRINGFIELD

CHRISTMAS TIMETABLE

DATE	CLASS	INSTRUCTOR	STUDIO	TIME
23/12/2024	Yogalates	Tina Ellis-Brecknell	Dance	09:15
23/12/2024	Ride Rhythm	Virtual	Spin	09:30
23/12/2024	Ride Rhythm	Virtual	Spin	12:45
23/12/2024	Chair Fit	Declan Blake	Mind and Body	14:15
23/12/2024	Ride Rush	Virtual	Spin	17:00
23/12/2024	Pilates	Jane Hamilton	Mind and Body	17:45
23/12/2024	BoxFit	Declan Blake	Dance	17:45
23/12/2024	Spinning	Richard Flambard	Spin	17:45
23/12/2024	Strong Nation	Leila McCreery	Dance	18:45
23/12/2024	Yoga	Henrietta Brice-Smith	Mind and Body	19:00
24/12/2024	BoxFit	Hugo Freitas	Dance	06:45
24/12/2024	Spinning	Sam Horsfall	Spin	09:30
24/12/2024	Body Balance	Kate Denny Mallen	Mind and Body	10:30
27/12/2024	Body Pump	Georgia Grant	Dance	06:45



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CHRISTMAS TIMETABLE

DATE	CLASS	INSTRUCTOR	STUDIO	TIME
27/12/2024	Ride Race	Virtual	Spin	09:30
27/12/2024	Yoga Flow	Michelle Cotillard	Mind and Body	10:30
27/12/2024	Gentle Circuits	Allistair Frederick	Dance	12:30
27/12/2024	Ride Rhythm	Virtual	Spin	12:45
27/12/2024	Chair Fit	Allistair Frederick	Mind and Body	14:45
27/12/2024	Ride Race	Virtual	Spin	16:00
27/12/2024	Ride Rush	Virtual	Spin	17:00
28/12/2024	BoxFit	Active Instructor	Dance	09:00
28/12/2024	Yogalates	Tina Ellis-Brecknell	Dance	09:15
28/12/2024	Vinyasa Yoga	Tina Ellis-Brecknell	Mind and Body	10:15
28/12/2024	Weighted Workout	Active Instructor	Dance	10:30
28/12/2024	Ride Race	Virtual	Spin	11:00



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DATE	CLASS	INSTRUCTOR	STUDIO	TIME
29/12/2024	Zumba	Elisabetta Quaranta	Mind and Body	09:15
29/12/2024	Body Pump	Dave De Abreu	Dance	09:15
29/12/2024	Ride Rhythm	Virtual	Spin	09:15
29/12/2024	Spinning	Dave De Abreu	Spin	10:30
30/12/2024	Circuits	Active Instructor	Dance	10:45
30/12/2024	Fitness Pilates	Magda Bochen	Dance	09:15
30/12/2024	Ride Rhythm	Virtual	Spin	09:30
30/12/2024	Ride Rhythm	Virtual	Spin	12:45
30/12/2024	Chair Fit	Active Instructor	Mind and Body	14:15
30/12/2024	Ride Rush	Virtual	Spin	17:00
30/12/2024	Pilates	Jane Hamilton	Mind and Body	17:45
30/12/2024	BoxFit	Active Instructor	Dance	17:45
30/12/2024	Spinning	Richard Flambard	Spin	17:45
30/12/2024	Strong Nation	Leila McCreery	Dance	18:45



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DATE	CLASS	INSTRUCTOR	STUDIO	TIME
31/12/2024	BoxFit	Hugo Freitas	Dance	06:45
31/12/2024	Spinning	Gary Holmes	Spin	06:45
31/12/2024	Spinning	Sam Horsfall	Spin	09:30
02/01/2025	Spinning	Gary Holmes	Spin	06:45
02/01/2025	Fitness Pilates	Magda Bochen	Dance	09:15
02/01/2025	Spinning	Dave De Abreu	Spin	09:30
02/01/2025	Move 'n' Tone	Jo Matson	Mind and Body	10:30
02/01/2025	Yin Yoga	Michelle Cotillard	Mind and Body	11:30
02/01/2025	Gentle Circuits	Active Instructor	Dance	14:30
02/01/2025	Ride Rush	Virtual	Spin	16:00
02/01/2025	Express Boxfit	Active Instructor	Dance	16:45
02/01/2025	Ride Race	Virtual	Spin	16:45



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DATE	CLASS	INSTRUCTOR	STUDIO	TIME
02/01/2025	Body Pump Techniques	Kate Denny Mallen	Dance	17:30
02/01/2025	Body Pump	Kate Denny Mallen	Dance	17:45
02/01/2025	Yogalates	Caroline Nicole- Brian	Mind and Body	18:00
02/01/2025	Zumba	Leila McCreery	Dance	19:00
02/01/2025	Body Balance	Kate Denny Mallen	Mind and Body	19:00
03/01/2025	Body Pump	Georgia Grant	Dance	06:45
03/01/2025	Ride Race	Virtual	Spin	09:30
03/01/2025	Yoga Flow	Michelle Cotillard	Mind and Body	10:30
03/01/2025	Gentle Circuits	Allistair Frederick	Dance	12:30
03/01/2025	Ride Rhythm	Virtual	Spin	12:45
03/01/2025	Chair Fit	Allistair Frederick	Mind and Body	14:45



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DATE	CLASS	INSTRUCTOR	STUDIO	TIME
03/01/2025	Ride Race	Virtual	Spin	16:00
03/01/2025	Ride Rush	Virtual	Spin	17:00
04/01/2025	BoxFit	Active Instructor	Dance	09:00
04/01/2025	Posture Pilates	Magda Bochen	Dance	09:15
04/01/2025	Vinyasa Yoga	Tina Ellis- Brecknell	Mind and Body	10:15
04/01/2025	Weighted Workout	Active Instructor	Dance	10:30
04/01/2025	Ride Race	Virtual	Spin	11:00
04/01/2025	Zumba	Elisabetta Quaranta	Mind and Body	09:15
05/01/2025	Body Pump	Dave De Abreu	Dance	09:15
05/01/2025	Ride Rhythm	Virtual	Spin	09:15
05/01/2025	Spinning	Dave De Abreu	Spin	10:30
05/01/2025	Circuits	Active Instructor	Dance	10:45