



Mon 24 th Dec	Centre Closed for Christmas Public Holidays			
Tues 25 th Dec				
Wed 26 th Dec				
Thu 27 th Dec	Spin 9.00-9.45am Hugh	Pilates / Resistance class 9.45 - 10.45am Karen & Hugh	Body Combat 1.30 - 2.30pm Gemma	
Fri 28 th Dec	20/20/20 9.00 - 10.00am Andrew/Hugh	Light exercise 10.30 - 11.30am Andrew / Hugh	Spin 1.30 -2.15pm Andrew / Hugh	Aqua fit 1.45 - 2.30pm Karen
Sat 29 th Dec	Spin 9.00 - 9.45am Paula G / Gemma	Pilates 10.00 - 11.00am Karen	Body Pump 10.00 - 11.00am Paula G /Gemma	
Sun 30 th Dec	Spin 10.15 - 11.00am Paula G	Stretch & Tone 11.15am - 12.00 noon Paula G		
Mon 31 st Dec	Spin 9.00 – 9.45am Hugh	Light exercise 10.30 - 11.30am Hugh	Body Pump 1.30 - 2.30pm Gemma	
Tues 1 st Jan	Centre Closed New Year's Day			
Wednesday 02 Jan	Start of new class program			



Holiday Class Program
Keep Fit over the festive season!



Larne Leisure Centre