



Aztec Studio Christmas Timetable

Christmas and New Year



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|---|
| Balance <i>Julie</i> Last class: 17th Dec Recommences: 7th Jan | Piloxing Knockout® <i>Lou</i> Last class: 27th Nov Recommences: 8th Jan | Piloxing Barre® <i>Lou</i> Last class: 28th Nov Recommences: 9th Jan | Piloxing® <i>Lou</i> Last class: 29th Nov Recommences: 10th Jan | Kundalini Yoga with Mindfulness <i>Julia</i> Last class: 21st Dec Recommences: 28th Dec | Boxercise® <i>Nick</i> Last class: 22nd Dec Recommences: 12th Jan |
| Pilates <i>Julie</i> Last class: 17th Dec Recommences: 7th Jan | Aqua Fit <i>Zoe T</i> Last class: 18th Dec Recommences: 8th Jan | Kundalini Yoga with Mindfulness <i>Julia</i> Last class: 19th Dec Recommences: 2nd Jan | Aqua Fit <i>Zoe T</i> Last class: 20th Dec Recommences: 10th Jan | Kids & Grown Ups Boxercise <i>Nick</i> Last class: 21st Dec Recommences: 11th Jan | Freestyle Yoga Flow <i>Holly</i> Last class: 22nd Dec Recommences: 12th Jan |
| Circuit Training <i>Andy</i> Last class: 17th Dec Recommences: 7th Jan | Aqua Therapy <i>Zoe T</i> Last class: 18th Dec Recommences: 8th Jan | Fitsteps® <i>Vicky</i> Last class: 12th Dec Recommences: 9th Jan | Pound® <i>Lou</i> Last class: 29th Nov Recommences: 10th Jan | Just Jhoom® <i>Anne</i> Last class: 14th Dec Recommences: 18th Jan | |
| Pilates <i>Clover</i> Last class: 17th Dec Recommences: 7th Jan | Zumba® <i>Zoe B</i> Last class: 18th Dec Recommences: 8th Jan | Kick Boxercise® <i>Nick</i> Last class: 19th Dec Recommences: 9th Jan | Piloxing® <i>Lou</i> Last class: 29th Nov Recommences: 10th Jan | <p>This is our temporary timetable for over the festive period. If you have any queries, please check with your class instructor.</p> <p>Don't forget, Studio members also have gym membership from Monday 3rd December until Sunday 6th January 2019.</p> | |
| Circuit Training <i>Ian</i> Last class: 17th Dec Recommences: 7th Jan | Powertone <i>Bridget</i> Last class: 11th Dec Recommences: 8th Jan | Zumba® <i>Zoe B</i> Last class: 19th Dec Recommences: 9th Jan | Powertone <i>Bridget</i> Last class: 6th Dec Recommences: 10th Jan | | |
| | | | Heated Flow Yoga <i>Sarah</i> Last class: 22nd Nov Recommences: 10th Jan | | |

Mind/Body
Dance/Choreography
High Intensity/Conditioning
Water-based Class

