

WILLOUGHBY LEISURE CENTRE

CHRISTMAS / NEW YEAR

GROUP FITNESS TIMETABLE 2024/2025

DATE	WILLOUGHBY LEISURE CENTRE OPENING HOURS
Monday 23 December 2024	7.00am – 10.00pm
Tuesday 24 December 2024	7.00am – 1.00pm
Wednesday 25 December 2024	CLOSED – Christmas Day
Thursday 26 December 2024	CLOSED – Boxing Day
Friday 27 December 2024	7.00am – 7.00pm
Saturday 28 December 2024	7.00am – 7.00pm
Sunday 29 December 2024	7.00am – 7.00pm

SPORTS HALL

	Monday 23.12.2024	Tuesday 24.12.2024	Wednesday 25.12.2024	Thursday 26.12.2024	Friday 27.12.2024	Saturday 28.12.2024	Sunday 29.12.2024
7.30 AM			CLOSED CHRISTMAS DAY	CLOSED BOXING DAY		<u>7:10 AM</u> LES MILLS BODY PUMP	LES MILLS BODY COMBAT
8.30 AM	CARDIO & CONDITIONING	BARRE			CARDIO & CONDITIONING		YOGA
9.30 AM	LES MILLS BODY PUMP	PILATES			LES MILLS BODY BALANCE		
10.30 AM	PILATES				ZUMBA		
11.30 AM	GENTLE EXERCISE						
6.30 PM	HIGH ENERGY						

OUTDOOR / HEALTH CLUB / TRAINING & RECOVERY ZONE

	Monday 23.12.2024	Tuesday 24.12.2024	Wednesday 25.12.2024	Thursday 26.12.2024	Friday 27.12.2024	Saturday 28.12.2024	Sunday 29.12.2024
7.40 AM		STRENGTH (BEG / INTERM)	CLOSED CHRISTMAS DAY	CLOSED BOXING DAY	STRENGTH (BEG / INTERM)	<u>8:15 AM</u> OUTDOOR TRAINING	
10.30 AM	LOW INTENSITY CIRCUIT						
5:45 PM	LIFT	SWEAT			LIFT & SWEAT	<u>4.30 PM</u> CORE & RECOVERY	<u>4.30 PM</u> LIFT & SWEAT

CYCLE

	Monday 23.12.2024	Tuesday 24.12.2024	Wednesday 25.12.2024	Thursday 26.12.2024	Friday 27.12.2024	Saturday 28.12.2024	Sunday 29.12.2024
8.30 AM			CLOSED CHRISTMAS DAY	CLOSED BOXING DAY	CYCLE	LES MILLS RPM	
9.30 AM		LES MILLS SPRINT					

WILLOUGHBY LEISURE CENTRE CHRISTMAS / NEW YEAR GROUP FITNESS TIMETABLE 2024/2025

DATE	WILLOUGHBY LEISURE CENTRE OPENING HOURS
Monday 30 December 2024	7.00am – 7.00pm
Tuesday 31 December 2024	7.00am – 1.00pm
Wednesday 1 January 2025	CLOSED – New Year's Day
Thursday 2 January 2025	7.00am – 7.00pm
Friday 3 January 2025	7.00am – 7.00pm
Saturday 4 January 2025	7.00am – 7.00pm
Sunday 5 January 2025	7.00am – 7.00pm

SPORTS HALL

	Monday 30.12.2024	Tuesday 31.12.2024	Wednesday 1.1.2025	Thursday 2.1.2025	Friday 3.1.2025	Saturday 4.1.2025	Sunday 5.12.2025
7.30 AM			CLOSED NEW YEAR'S DAY			7:10 AM LES MILLS BODY PUMP	LES MILLS BODY COMBAT
8.30 AM	CARDIO & CONDITIONING	H.I.I.T		ZUMBA	CARDIO & CONDITIONING		YOGA
9.30 AM	LES MILLS BODY PUMP	BARRE		TABATA	LES MILLS BODY BALANCE		
10.30 AM	PILATES			POWER YOGA	ZUMBA		
11.30 AM	GENTLE EXERCISE			GENTLE EXERCISE			
6.30 PM							

OUTDOOR / HEALTH CLUB / TRAINING & RECOVERY ZONE

	Monday 30.12.2024	Tuesday 31.12.2024	Wednesday 1.1.2025	Thursday 2.1.2025	Friday 3.1.2025	Saturday 4.1.2025	Sunday 5.12.2025
7.40 AM		STRENGTH (BEG / INTERM)	CLOSED NEW YEAR'S DAY		STRENGTH (BEG / INTERM)	8:15 AM OUTDOOR TRAINING	
10.30 PM	LOW INTENSITY CIRCUIT						
5:45 PM	LIFT	SWEAT		BOXING	LIFT & SWEAT	4.30 PM CORE & RECOVERY	4.30 PM LIFT & SWEAT

CYCLE

	Monday 30.12.2024	Tuesday 31.12.2024	Wednesday 1.1.2025	Thursday 2.1.2025	Friday 3.1.2025	Saturday 4.1.2025	Sunday 5.12.2025
8.30 AM			CLOSED NEW YEAR'S DAY	CYCLE	CYCLE	LES MILLS RPM	
9.30 AM		LES MILLS SPRINT					