## 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

<b>SPORTS</b>	HALL						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30 AM	23.12.2024	24.12.2024	CLOSED CHRISTMAS DAY	26.12.2024 CLOSED	27.12.2024	28.12.2024  7:10 AM  LES MILLS  BODY PUMP	29.12.2024  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			BOXING DAY	ZUMBA		
11.30 AM	GENTLE EXERCISE						
6.30 PM	HIGH ENERGY						
OUTDO	OR / HEALTH CLUB	/TRAINING & RE	COVERY 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		STRENGTH			STRENGTH		
AM		(BEG / INTERM)			(BEG / INTERM)	<u>8:15 AM</u> OUTDOOR TRAINING	
10.30 AM	LOW INTENSITY CIRCUIT		CLOSED CHRISTMAS DAY	CLOSED BOXING DAY	(BEG /	OUTDOOR	
10.30	INTENSITY		CHRISTMAS	BOXING	(BEG /	OUTDOOR	4.30 PM LIFT & SWEAT
10.30 AM 5:45	INTENSITY CIRCUIT LIFT	INTERM) SWEAT	CHRISTMAS DAY	BOXING DAY	(BEG / INTERM) LIFT & SWEAT	OUTDOOR TRAINING  4.30 PM CORE & RECOVERY	LIFT & SWEAT
10.30 AM 5:45 PM	INTENSITY CIRCUIT	INTERM)	CHRISTMAS	BOXING	(BEG / INTERM) LIFT &	OUTDOOR TRAINING 4.30 PM CORE &	LIFT &
10.30 AM 5:45 PM	INTENSITY CIRCUIT  LIFT  Monday	SWEAT Tuesday	CHRISTMAS DAY Wednesday	BOXING DAY Thursday	(BEG / INTERM)  LIFT & SWEAT  Friday	OUTDOOR TRAINING  4.30 PM CORE & RECOVERY	SWEAT Sunday

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

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DATE				WIL	WILLOUGHBY LEISURE CENTRE OPENING HOURS			
Monday 30 December 2024					7.00ar	m – 7.00pm		
	Tuesda	y 31 December 20	024		7.00ar	m – 1.00pm		
	Wedne	esday 1 January 20	)25		CLOSED –	New Year's Day		
	Thurs	day 2 January 202	25		7.00ar	m – 7.00pm		
	Frid	ay 3 January 2025			7.00ar	m – 7.00pm		
	Satur	day 4 January 202	.5		7.00am – 7.00pm			
	Sund	day 5 January 2025	5		7.00am – 7.00pm			
PORTS	HALL							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	30.12.2024	31.12.2024	1.1.2025	2.1.2025	3.1.2025	4.1.2025	5.12.2025	
7.30						7:10 AM LES MILLS	LES MILLS	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	30.12.2024	31.12.2024	1.1.2025	2.1.2025	3.1.2025	4.1.2025	5.12.2025
7.30 AM			CLOSED NEW			<u>7:10 AM</u> LES MILLS BODY PUMP	LES MILLS BODY COMBAT
8.30 AM	CARDIO & CONDITIONING	нллт		ZUMBA	CARDIO & CONDITIONING		YOGA
9.30 AM	LES MILLS BODY PUMP	BARRE		ТАВАТА	LES MILLS BODY BALANCE		
10.30 AM	PILATES		YEAR'S DAY	POWER YOGA	ZUMBA		
11.30 AM	GENTLE EXERCISE			GENTLE EXERCISE			
6.30 PM							

OUTDO	OR / HEALTH CLUB	7 / TRAINING & RE	COVERY ZONE

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

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