

# CHAMPNEYS

TRING

## Festive Activity Schedule 2011

| <b>Christmas Eve</b>            | <b>Christmas Day</b>           | <b>Boxing Day</b>                  | <b>New Year's Eve</b>             | <b>New Year's Day</b>              |
|---------------------------------|--------------------------------|------------------------------------|-----------------------------------|------------------------------------|
| 6.30am - 5.30pm                 | 9.00am - 5.00pm                | 9.00am - 6.00pm                    | 6.30am - 6.00pm                   | 9.00am - 6.00pm                    |
| 8.00 - 8.45am<br>MORNING WALK   |                                |                                    | 8.00 - 8.45am<br>MORNING WALK     |                                    |
|                                 |                                |                                    |                                   |                                    |
| 8.45-9.15am<br>WAKEUP WORKOUT   | 9.30 - 10.15am<br>MORNING WALK | 9.30 - 10.15am<br>MORNING WALK     | 9.30 - 10.25am<br>INDOOR CYCLING* | 9.30 - 10.15am<br>MORNING WALK     |
|                                 |                                |                                    |                                   |                                    |
| 9.30-10.25am<br>INDOOR CYCLING* |                                |                                    | 10.30 - 11.00am<br>AQUA FIT       | 10.30 - 11.25am<br>INDOOR CYCLING* |
|                                 |                                |                                    |                                   |                                    |
| 10.30-11.00am<br>AQUA FIT       | 10.30 - 11.15am<br>STRETCH     | 10.30 - 11.25am<br>INDOOR CYCLING* | 10.30 - 11.30am<br>TAI CHI*£      | 10.30 - 11.00am<br>AQUA FIT        |
|                                 |                                |                                    |                                   |                                    |
| 10.30 - 11.30am<br>TAI CHI*£    |                                |                                    | 10.30 - 11.00am<br>GYM INTRO      |                                    |
|                                 |                                |                                    |                                   |                                    |
| 10.30-11.00am<br>GYM INTRO      |                                |                                    | 11.15 – 12.00pm<br>CIRCUITS       |                                    |
|                                 |                                |                                    |                                   |                                    |
| 11.00-11.30am<br>VIBRO DEMO     |                                |                                    |                                   |                                    |
|                                 |                                |                                    |                                   |                                    |
| 11.15-12.00pm<br>CIRCUITS       | 11.30 - 12.25pm<br>CIRCUITS    | 12.00 - 12.55pm<br>PILATES *£      | 12.00-12.45pm<br>STRETCH          | 11.30 - 12.25pm<br>PILATES*£       |
|                                 |                                |                                    |                                   |                                    |
| 11.30-12.30pm<br>PILATES*£      |                                |                                    | 2.00 - 2.55pm<br>PILATES*£        |                                    |
|                                 |                                |                                    |                                   |                                    |
| 2.00-2.55pm<br>COUNTRY HIKE     | 2.00 - 2.55pm<br>COUNTRY HIKE  | 2.00 - 2.55pm<br>COUNTRY HIKE      | 2.00 - 2.55pm<br>COUNTRY HIKE     | 2.00 - 2.55pm<br>COUNTRY HIKE      |
|                                 |                                |                                    |                                   |                                    |
| 2.00-2.30pm<br>HULA HOOPING*    |                                |                                    | 2.30 - 3.00pm<br>AQUA MITT        |                                    |
|                                 |                                |                                    |                                   |                                    |
| 2.30-3.00pm<br>AQUA MITT        | 3.00 - 3.55pm<br>FITBALL*      | 3.00 - 3.55pm<br>CIRCUITS          | 3.00 - 3.55pm<br>BODY SCULPT      | 3.00 - 3.55pm<br>FITBALL*          |
|                                 |                                |                                    |                                   |                                    |
| 3.00-3.55pm<br>FITBALL*         | 4.00-4.45pm<br>STRETCH         | 4.00 - 4.45pm<br>STRETCH           | 4.00-4.30pm<br>HULA HOOPING*      | 4.00 - 4.45pm<br>STRETCH           |

Please refer to the normal schedule between the  
27th December and the 30th December