

CHRISTMAS STUDIO SCHEDULE

Monday 18 th December			
9.30-10.15am	Studio Pump	Suzie	£5.00 or FREE to gym members
10.25-10.55am	Indoor Cycling	Kelly	£3.75 or FREE to gym members
11.00-12.00pm	Yoga Stretch	Kelly	£7.50
1.00-1.30pm	Tummy Tightener	Jemima	£3.75 or FREE to gym members
5.45-6.30pm	Studio Pump	Claire	£5.00 or FREE to gym members
6.30-7.00pm	HIIT	Jemima	£3.75 or FREE to gym members
6.30-7.30pm	Pilates	Claire	£7.50
7.30-8.30pm	Fitness Yoga	Claire	£7.50
7.45-8.15pm	Indoor Cycling	Jemima	£3.75 or FREE to gym members
Tuesday 19 th December			
9.30-10.15am	Waist Whittler	Suzie	£5.00 or FREE to gym members
10.30-11.30am	Belly Dancing	Jae	£6.00 or £4.80 for members
1.00-1.30pm	Upper Body Tone	Jemima	£3.75 or FREE to gym members
6.30-7.15pm	Legs, Bums and Tums	Kelly	£5.00 or FREE to gym members
Wednesday 20 th December			
9.30-10.15am	Legs, Bums and Tums	Claire	£5.00 or FREE to gym members
10.15-10.45am	HIIT	Jemima	£3.75 or FREE to gym members
10.30-11.30am	Pilates	Claire	£7.50
1.00-1.30pm	Legs and Bums	Jemima	£3.75 or FREE to gym members
5.30-6.30pm	Pilates	Claire	£7.50
6.00-6.30pm	Indoor Cycling	Suzie	£3.75 or FREE to gym members
7.30-8.30pm	Boxercise	Suzie	£6.00 or FREE to gym members
Thursday 21 st December			
9.30-10.30am	Boxercise	Suzie	£5.00 or FREE to gym members
1.00-1.30pm	Kettlebells	Suzie	£3.75 or FREE to gym members
5.45-6.15pm	Tummy Tightener	Jemima	£3.75 or FREE to gym members
6.15-6.45pm	HIIT	Jemima	£3.75 or FREE to gym members
7.45-8.15pm	Disco Spin	Kelly	£3.75 or FREE to gym members
Friday 22 nd December			
9.30-10.00am	Indoor Cycling	Suzie	£3.75 or FREE to gym members
10.10-10.40am	Indoor Cycling	Suzie	£3.75 or FREE to gym members
Saturday 23 rd December			
9.30-10.00am	Indoor Cycling	Kelly	£3.75 or FREE to gym members
Sunday 24 th December			
CLOSED			



CHRISTMAS STUDIO SCHEDULE

Monday 25th December			
CLOSED – Merry Christmas!			
Tuesday 26th December			
CLOSED			
Wednesday 27th December			
9.30-10.15am	Legs, Bums and Tums	Claire	£5.00 or FREE to gym members
10.15-10.45am	HIIT	Kelly	£3.75 or FREE to gym members
10.30-11.30am	Pilates	Claire	£7.50
1.00-1.30pm	Legs and Bums	Jemima	£3.75 or FREE to gym members
5.30-6.30pm	Pilates	Claire	£7.50
6.00-6.30pm	Indoor Cycling	Jemima	£3.75 or FREE to gym members
7.30-8.30pm	Kettlebell Circuits	Jemima	£6.00 or FREE to gym members
Thursday 28th December			
9.30-10.30am	Strength Circuits	Jemima	£5.00 or FREE to gym members
1.00-1.30pm	Kettlebells	Jemima	£3.75 or FREE to gym members
5.45-6.15pm	Tummy Tightener	Jemima	£3.75 or FREE to gym members
6.15-6.45pm	HIIT	Jemima	£3.75 or FREE to gym members
7.45-8.15pm	Disco Spin	Jemima	£3.75 or FREE to gym members
Friday 29th December			
9.30-10.00am	Indoor Cycling	Kelly	£3.75 or FREE to gym members
10.10-10.40am	Bums and Tums	Kelly	£3.75 or FREE to gym members
11.00-12.00pm	Yoga Stretch	Kelly	£7.50
Saturday 30th December			
9.30-10.00am	Indoor Cycling	Jemima	£3.75 or FREE to gym members
Sunday 31st December			
CLOSED			
Monday 1st January			
CLOSED – Happy New Year!			

Please note – all Pilates and Yoga classes are at a special rate of £7.50 per class over Christmas. If there are less than 4 that have paid in advance for the class it may need to be cancelled and class fees will be refunded. (Cancellations for these classes with less than 24 hours notice will still be charged)

Merry Christmas from all of the Fitness Team at Renu!
Our NEW schedule will start on Tuesday 2nd January.

