



Holmer Park

A MOSAIC HEALTH CLUB & SPA

Christmas Class Timetable

Day	Class	Time	Instructor
Monday 24 th December	Spin	10:00am-10:45am	Stu
	Body Balance	11:00am-11:45am	Lisa
Tuesday 25 th December	CLOSED	CLOSED	CLOSED
Wednesday 26 th December	20/10	11:00am-11:30am	Tyler
Thursday 27 th December	Spin	10:30am-11:00am	Faith
	Stretch	11:00am-11:45am	Tyler
Friday 28 th December	LBT	11:00am-11:30am	Clare
	Spin	6:00pm-6:45pm	Tyler
Saturday 29 th December	LBT	9:30am-10:00am	Dan
	Spin	10:30am-11:15am	Dan/Mia
Sunday 30 th December	Spin	10:30am-11:15am	Stu
Monday 31 st December	Aquafit	11:30am-12:15pm	Lisa
Tuesday 1 st January	CLOSED	CLOSED	CLOSED
Wednesday 2 nd January	Spin	10:30am-11:15am	Stu
	Boxfit	5:30pm-6:00pm	Tyler
	Spin	6:00pm-6:30pm	Mia
Thursday 3 rd January	Body Pump	9:30am-10:30am	Lisa
	Spin	10:45am-11:15am	Mia
Friday 4 th January	HITT	9:30am-10:00am	Brad
	Body Balance	10:30am-11:30am	Lisa
Saturday 5 th January	LBT	9:30am-10:30am	Dan
	Spin	10:30am- 11:15am	Stu
Sunday 6 th January	Ab Attack	9:30am-10:00am	Tyler
	Spin	10:30am-11:00am	Dan

**A very merry Christmas and a healthy 2019 from
the Fitness Team!**