

Christmas and New Year 2020/21 - Opening Hours

Please note that the Gym will be open and all classes will be held Outdoors or Streamed on www.VirtuallyFresh.co.uk (VF)

The Sports Centre will be closed from Thursday 24th December and re-open on Saturday 2nd January

*Sports Centre Members are welcome to use Fresh Gym during this time.
Please remember to book your class place to avoid disappointment.*

Christmas		Classes	
Christmas Eve, Thursday 24 th December	6.30am-4pm	9am-9:45am 10:30am-11am 11am-12pm 12:30pm-1pm	*Outdoor Christmas Circuits* - Ciaran Outdoor Beginner Spin - Ellie Yoga (VF) - Emma Outdoor Lunch Circuits - Gym Team
Christmas Day, Friday 25 th Dec	CLOSED		
Boxing Day, Saturday 26 th Dec	CLOSED		
Sunday 27 th December	9am-2pm	09:30am-10.30am 09:30am-10:15am	Yoga (VF) – Hilary Outdoor Spin – Muna
Monday 28 th December *Bank holiday Hours*	9am-4pm	9:30am-10:15am 12:30pm-1pm	Outdoor Spin - Rachael Outdoor Lunch Circuits –Gym Team
Tuesday 29 th December	6.30am-10pm	9am-9.45am 9.30am-10.15am 10.30am-11am 12.30-1pm 7pm-7.45pm 7pm-8pm	Outdoor Circuits – Jess Body Conditioning (VF) – Muna Outdoor Beginners Spin – Jules Outdoor Lunch Circuits - Gym team Outdoor Spinning – Muna Yoga (VF) – Hilary
Wednesday 30 th December	6.30am-10pm	9am-9.45am 9:30-10:15 10am-10.45am 12:30-1pm 6pm-6.45pm 7pm-7.45pm	Body Blast (VF) – Ciaran Outdoor Spinning – Gary Pilates (VF) – Sarah Outdoor Lunch Circuits – Gym Team T45 (VF) – Ildi Outdoor Spinning – Rachael
New Year's Eve			
New Year's Eve, Thursday 31 st December	6.30am-4pm	9am-9.45am 10.30am-11am 11am-12pm 12.30pm-1pm	Outdoor *New Year Circuits* – Ciaran Outdoor Beginners Spin – Jules Yoga (VF) – Emma Outdoor Lunch Circuits –Gym Team
New Year's Day, Friday 1 st Jan	CLOSED		
Saturday 2 nd January	8.00am-6pm Sports Centre	Fresh Gym 9am – 10.00am	A new timetable for Tier 3 restrictions will be issued. Outdoor Boxfit – Jess

From Saturday 2nd January the Gym will be open as per usual hours

To book, please call Fresh Reception on 01932 225 953