

## Christmas and New Year 2020/21 – Virtually Fresh

Classes are 'live' at [www.virtuallyfresh.co.uk](http://www.virtuallyfresh.co.uk)

<b>Christmas</b>		<b>Classes</b>	
Christmas Eve, Thursday 24 <sup>th</sup> December	<b>Virtually Fresh</b>	9am-9:45am 11am-12pm	<b>*Christmas Circuits*</b> - Ciaran <b>Yoga</b> - Emma
Christmas Day, Friday 25 <sup>th</sup> Dec	<b>CLOSED</b>		
Boxing Day, Saturday 26 <sup>th</sup> Dec	<b>CLOSED</b>		
Sunday 27 <sup>th</sup> December	<b>Virtually Fresh</b>	09:30am-10.30am	<b>Yoga</b> – Fiona
Bank Holiday Monday 28 <sup>th</sup> Dec	<b>CLOSED</b>		
Tuesday 29 <sup>th</sup> December	<b>Virtually Fresh</b>	9.30am-10.15am 7pm – 7.45pm	<b>Body Conditioning</b> – Muna <b>Outdoor Circuits</b> – Jules
Wednesday 30 <sup>th</sup> December	<b>Virtually Fresh</b>	9am-9.45am 10am-10.45am 6pm-6.45pm	<b>Body Blast</b> – Ciaran <b>Pilates</b> – Sarah <b>T45</b> – Ildi
<b>New Year's Eve</b>			
New Year's Eve, Thursday 31 <sup>st</sup> December	<b>Virtually Fresh</b>	9am-9.45am 11am-12pm	<b>Outdoor *New Year Circuits*</b> – Ciaran <b>Yoga</b> – Emma
New Year's Day, Friday 1 <sup>st</sup> Jan	<b>CLOSED</b>		
Saturday 2 <sup>nd</sup> January	<b>Virtually Fresh</b>	8am – 8.45am 10am – 10.45am	<b>T45</b> – Ildi <b>Fresh Air Outdoor Training</b> – Jules/Gary