

PARAGON FITNESS CHRISTMAS TIMETABLE 2018



MAIN STUDIO																	
Time	Mon 24/12/18	Christmas	Wed 26/12/18	Thurs 27/12/18	Fri 28/12/18	Sat 29/12/18	Sun 30/12/2018	Mon 31/12/18	New Year Day	Wed 2/01/19	Thurs 3/01/19	Fri 4/01/19	Sat 5/01/19	Sun 6/01/19			
6.00am	I.G.T. *45min	24 HOUR ACCESS	24 HR ACCESS	BODYCOMBAT *45min	BODYPUMP *45min	7.15am GRIT		I.G.T. *45min	24 HOUR ACCESS	BODYATTACK *45min	BODYCOMBAT *45min	BODYPUMP *45min	7.15am GRIT				
8.45am	BODYATTACK *45min			BODYPUMP *45min	BODYSTEP *45min	8.00am BODYPUMP		BODYATTACK *45min		BODYCOMBAT *45min	BODYPUMP *45min	BODYSTEP *45min	8.00am BODYPUMP				
9.30am	BODYPUMP			BODYPUMP *45min	BODYATTACK *45min	BODYPUMP *45min	9.00am BODYATTACK	9.00am BODYPUMP		BODYPUMP	BODYPUMP *45min	BODYATTACK *45min	BODYPUMP *45min	9.00am BODYATTACK	9.00am BODYPUMP		
10.20am					CXWORX *30min		9.45am CXWORX	10.00am BODYSTEP				BODYBALANCE	CXWORX *30min		9.45am CXWORX	10.00am BODYSTEP	
10.30am	ZUMBA FINEST				STRONG		BODYBALANCE	10.15am BODYCOMBAT			ZUMBA FINEST		11.30am Fit over 50's	11.00am Fit over 50's	BODYBALANCE	10.15am BODYCOMBAT	
5.15pm								11.15am BODYBALANCE								11.15am BODYBALANCE	
5.45pm						GRIT *30min	BODYPUMP						BODYSTEP *45min	GRIT *30min	BODYPUMP		
6.30pm						BODYSTEP		Always Open 24hours									
6.45pm																	
7.30pm				BODYBALANCE								ZUMBA FINEST	BODYBALANCE				
8.00pm																	

CYCLE STUDIO																	
Time	Mon 24/12/18	Christmas	Wed 26/12/18	Thurs 27/12/18	Fri 28/12/18	Sat 29/12/18	Sun 30/12/2018	Mon 31/12/18	New Year Day	Wed 2/01/19	Thurs 3/01/19	Fri 4/01/19	Sat 5/01/19	Sun 6/01/19			
6.00am	rpm	24 HOUR			SPRINT *30min				24 HOUR	rpm		SPRINT *30min					
8.45am							8.00am rpm					SPRINT *30min			8.00am rpm		
9.30am	rpm						rpm	9.00am SPRINT		10.00am rpm	rpm			rpm	9.00am SPRINT	10.00am rpm	
5.45pm						SPRINT *30min							rpm	SPRINT *30min			
6.30pm																	
6.45pm																	

WELLNESS STUDIO														
Time	Mon 24/12/18	Christmas	Wed 26/12/18	Thurs 27/12/18	Fri 28/12/18	Sat 29/12/18	Sun 30/12/2018	Mon 31/12/18	New Year Day	Wed 2/01/19	Thurs 3/01/19	Fri 4/01/19	Sat 5/01/19	Sun 6/01/19
9.15am	24 HOUR ACCESS - We never close!											Fit over 50's		
9.30am	24 HOUR ACCESS - We never close!										PILATES			
6.00pm	24 HOUR ACCESS - We never close!									YOGA				
6.15pm	24 HOUR ACCESS - We never close!										BODYBALANCE *30min			

PARAGON FITNESS OPEN 24 HOURS

STAFFED HOURS ARE:

Normal hours until Sunday 23rd December (inclusive)

Christmas Eve Mon 24th Dec
5.45am - 2.00pm

Thurs 27th Dec
5.45am - 8.00pm

Fri 28th Dec
5.45am - 6.00pm

Sat 29th Dec
7.00am - 1.30pm

Sun 30th Dec
8.30am - 12.00noon

New Years Eve, Mon 31st Dec
5.45am - 1.00pm

Wed 2nd Jan - Back to normal

Child Minding
Child minding will be closed from Mon 24th December and re-open with normal operating hours from Mon 7th January.

Merry Christmas &
Happy New Year
from all the staff at
Paragon Fitness

